BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

26 JULY-1 AUGUST 2025

TV&Satellite week

NEW

MAYFAIR WITCHES
Return to New Orleans for the supernatural fantasy

NEW

THE GONE
The Irish detective is back in New Zealand

NEW

DESTINATION X
The next Race Across the World!

NEW

CHIEF of WAR

Jason Momoa is a warrior hero fighting to save his island people

HotList This week's 28

Saturday 26

Australia v British & Irish Lions: 2nd Test

***RUGBY UNION** Sky Sports Main Event & Sky Sports The Lions, kick-off 11am*

Andy Farrell's Lions head to the famous Melbourne Cricket Ground for the sides' second clash of the series.

Rumours

***COMEDY HORROR** Sky Premiere, 1.15pm & 10.15pm*

A brilliant cast including Cate Blanchett and Charles Dance star in this comedy horror that follows the world's leaders during an apocalyptic crisis. *See review, page 23*

Fleetwood Mac night

***MUSIC** Sky Arts, from 7.40pm*

A new profile, *The Thousand and One Musical Lives of Fleetwood Mac* (9pm), is the centrepiece of an evening of shows, which also includes a chance to enjoy the legendary band's 2004 show in Boston.

I Am Raquel Welch

***DOCUMENTARY** Sky Documentaries, 9pm*

A profile of the trailblazing actor (above), who passed away in 2023 at the age of 82. Welch redefined the world's idea of a Hollywood sex symbol, leading the way for modern-day female action heroes.

■ Full listings start on **p35**

Sunday 27

Women's Euro 2025: Final

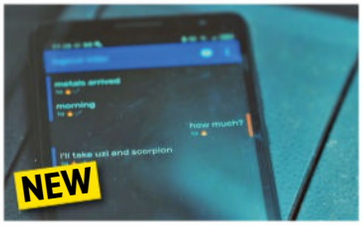
***FOOTBALL** BBC1 & ITV1, kick-off 5pm*

England started the competition as defending champions, but have they made it all the way to this year's final at St Jakob-Park in Basel, Switzerland? *See Sport Week, page 28*

Inside the Cult of the Jesus Army

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

The story of the Christian group whose heaven on Earth in Northamptonshire took a dark turn. *See Documentaries, page 21*



Operation Dark Phone: Murder By Text

***DOCUMENTARY** C4, 9pm (box set, Channel 4 Streaming)*

Exploration of how, in 2020, police hacked into 60,000 phones used by organised-crime groups. Continues to Wed.

Rich Holiday, Poor Holiday

***REALITY** 5, 9pm*

As the financial-disparity series returns, the wealthy Dissont family and the struggling Leaf clan go away together – firstly trying a five-star hotel in Malta, then self-catering pods in Lancashire.

■ Full listings start on **p45**

Monday 28

Summertide

***DRAMA** Acorn TV*

This South African drama follows marine biologist Martin Field and his two teenagers as they move to the False Bay coast for a fresh start in life after the loss of his wife. *See Your Watchlist, page 16*

Hurricane Katrina: Race Against Time

***DOCUMENTARY** National Geographic, 8pm & 9pm, & Disney+*

Twenty years on, a look at the devastation wreaked by Hurricane Katrina on New Orleans. *See Your Watchlist, page 16*

Kamikaze: An Untold History

***DOCUMENTARY** BBC4, 9pm*

This feature-length examination of the kamikaze attacks, or suicide missions, used by Japan in World War Two asks how such a severe tactic gripped an entire nation's psyche.

Mayfair Witches

***FANTASY DRAMA** BBC1, 11.10pm & 11.55pm (times vary) (box set, BBC iPlayer)*

As the supernatural drama returns, Rowan (Alexandra Daddario, above) is coming to terms with being mother to her extraordinary offspring. *See feature, p12*

■ Full listings start on **p55**

Tuesday 29

WWE: Unreal

***DOCUMENTARY** Netflix*

Aiming to be the wrestling version of *Formula 1: Drive to Survive*, this docuseries invites viewers to see the creative process behind WWE shows, talking to stars such as CM Punk (above) outside of the ring.

Glorious Goodwood

***HORSE RACING** ITV1, from 1pm*

The gates open at the Goodwood Festival, heralding the first of five days of flat-racing action on the South Downs. Today's highlight is the Goodwood Cup. Continues all week.

Pompeii: Life in the City

***DOCUMENTARY** 5, 9pm*

Historians Dr Kate Lister and Dan Snow invite us to the incredible time capsule that is the preserved city of Pompeii, to experience what life was like for its inhabitants 2,000 years ago.

The Nazi Cartel

***DOCUMENTARY** Sky Documentaries, 9pm*

How a US Drug Enforcement Administration operative came across a wanted Nazi criminal, Klaus Barbie, known as the 'Butcher of Lyon', while on an undercover operation in Argentina in 1979.

■ Full listings start on **p65**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: COURTESY OF APPLE TV+, BBC, STEHEAP – STOCK.ADOBE.COM. HOTLIST WORDS: LYNETTE BRIGHTON, IAN FARRINGTON. HOTLIST PHOTOS: GETTY, SHUTTERSTOCK

Wednesday 30

Something Beautiful
***MUSIC** Disney+*
Described as a visual companion to an album of the same name by singer Miley Cyrus (above), this is 'a one-of-a-kind pop opera fuelled by fantasy', featuring 13 new songs including *Prelude*.

Destination X
***ENTERTAINMENT** BBC 1, 9pm*
Rob Brydon (above) welcomes a group of players aboard a mystery blacked-out bus that sets off on a trip through Europe, and they have to guess where the 'X' they are. Continues tomorrow. *See feature, p 11*

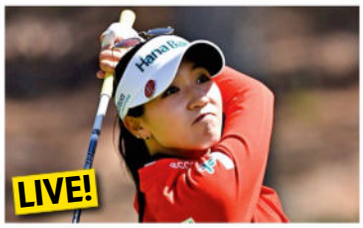
The Moors Murders: A Search for Justice
***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*
The harrowing story of killers Ian Brady and Myra Hindley is told in this two-parter via long-lost documents and recordings.

Fire Country
***DRAMA** Sky Witness, 9pm (box set, Sky Box Sets & NOW)*
Season 3 opens with Bode (Max Thieriot) now a free man, and Gabriela and Diego's wedding being hit by a helicopter crash. *See feature, page 7*

■ Full listings start on **p75**

Thursday 31

England v India: 5th Test
***CRICKET** Sky Sports Main Event & Sky Sports Cricket, play starts 11am*
The Indian summer draws to a close at The Oval, as Ben Stokes (above) and England take on India in the fifth and final Test of the series. Continues tomorrow.



Women's Open Championship
***GOLF** Sky Sports Golf, from 12noon*
The Major from Royal Porthcawl – the first time the tournament has taken place in Wales. Kiwi Lydia Ko (above) is defending champion. Continues tomorrow.

The Gone
***CRIME DRAMA** BBC2, 9pm (box set, iPlayer)*
As the thriller returns for a new season, Irish detective Theo Richter (Richard Flood) delays his plans to leave New Zealand when a journalist goes missing. Continues tomorrow. *See feature, page 6*

Queen Victoria: Secret Marriage, Secret Child?
***DOCUMENTARY** C4, 9pm*
Rob Rinder and historian Fern Riddell evaluate new evidence about Victoria's unconventional relationship with servant John Brown. *See Documentaries, p20*

■ Full listings start on **p85**

Friday 1

Chief of War
***DRAMA** Apple TV+*
Jason Momoa heads a mainly Polynesian cast in this epic series that tells the story of the unification and colonisation of the islands of Hawaii at the turn of the 18th century. *See feature, page 4*

Twisted Metal
***ACTION COMEDY** Paramount+*
Anthony Mackie (above) and Stephanie Beatriz return for a second season of the dystopian video-game adaptation, which sees John and Quiet up against each other in a brutal race. *See Your Watchlist, p14*

Built in Birmingham: Brady & the Blues
***DOCUMENTARY** Prime Video*
Ahead of the new football season, go behind the scenes at Birmingham City, where NFL legend Tom Brady is a shareholder. *See feature, page 8*

Mrs Brown's Boys
***COMEDY** BBC 1, 9.30pm (box set, iPlayer)*
As the loud-mouth Irish mammy returns for more shenanigans, Agnes (show creator Brendan O'Carroll, above) unwittingly becomes the subject of a new podcast. *See feature, page 12*

■ Full listings start on **p95**

TELL US YOUR VIEWS!

We are always keen to know what you think of *TV&Satellite Week*. You can help by taking part in our reader survey and be in with a chance of winning £250 or one of 10 prizes of £25 (only completed questionnaires will be entered). Simply complete the questionnaire online at bit.ly/surveyTVSatellite or scan the QR code. Thank you for your help.
Claire Ruck, Editor-in-Chief

Kingdom of heroes

NEW FROM tv+

Jason Momoa stars as a legendary Hawaiian warrior in an 18th-century epic

NEW DRAMA

Chief of War

From Fri 1 Aug, Apple TV+ (first two eps from Fri 1 Aug, then weekly)

Jason Momoa has earned a legion of fans on the big screen in recent years as the DC Comics superhero Aquaman, but in Apple TV+'s new historical drama *Chief of War*, he's playing a very different kind of hero.

Set in 18th-century Hawaii and based on true events, the nine-part series stars Momoa as legendary warrior Ka'iana, who attempted to unite the four kingdoms of O'ahu, Maui, Kaua'i and Hawai'i at a time when the islands were constantly at war with each other.

'Ka'iana was a Hawaiian warrior who risked everything for his land and his people,' says Momoa, who turns 46 on 1 August. 'He is fearless, a visionary, and his journey is full of action, drama and romance.

'This is an amazing story about the unification of the Hawaiian islands, brought to life on a massive scale. It's mind-blowing to be able to tell this incredible story of my ancestors.'

Momoa co-created the series with *Aquaman and the Lost Kingdom* writer Thomas Pa'a Sibbett, hoping they could create a Hawaiian equivalent of historical blockbusters like *Braveheart* or *The Last of the Mohicans*.

'Ka'iana was the first chief of Hawaii to travel beyond the islands, visiting the outside world and understanding what was coming,' says Sibbett. 'He understood the inner workings of the politics of the time in Hawaii, but added new knowledge of what was beyond their shores, and joined King Kamehameha's fight to unite the islands. Ka'iana is the type of character Jason was born to play.'

As the history of Hawaii is not always well known outside the islands, the creative team behind *Chief of War* were keen to tell the story as authentically as possible, filming in Hawaii and New Zealand, as well as primarily casting Polynesian actors.

'For me, the beautiful opportunity was to get a window into the culture that is Hawaii – not the Hawaii that's sold or bought, but the actual story of the place,' says Cliff Curtis, who plays Ka'iana's rival Keoua. 'When I met Jason, I instantly felt like he was my brother. His passion and drive to tell this story was the heart and soul for me. It's a lifetime's dream come true to tell an indigenous story.'

> **'He is fearless, a visionary, and his journey is full of action and romance'**
> JASON MOMOA

Another element that was crucial to achieve the necessary authenticity was having the Hawaiian characters in the series speak their native language of 'Olelo Hawai'i.

IN THE VERNACULAR

'We've seen shows where characters should speak another language, but we hear English, and we didn't feel like that was appropriate for *Chief of War*,' says Sibbett. 'We want viewers to experience the textures of the world we are showing them, and language is a huge part of that.'

As not all of the actors spoke 'Olelo Hawai'i when they were cast, Hawaiian language supervisors were brought in to coach them on their dialogue.

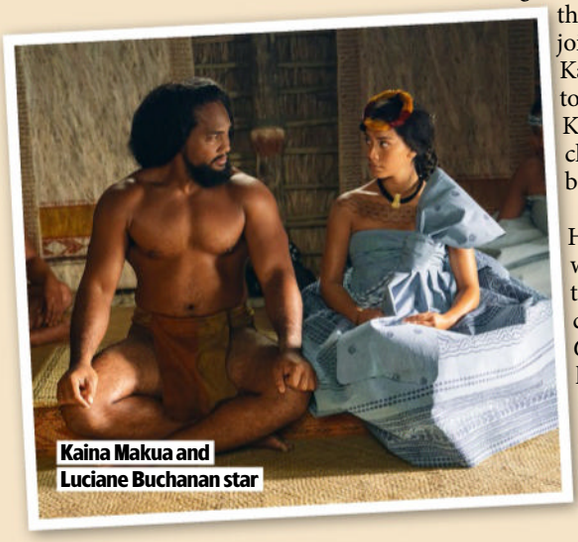
'Apple had a lot of trust in me finding actors who could act in a language spoken by so few people,' reveals Momoa. 'It was a big risk.'

While filming the series in Hawaii, there was also a dramatic symbiosis between art and life as Mauna Loa, the world's largest active volcano, erupted for the first time in 38 years – just as the crew were about to shoot a climactic battle sequence featuring an erupting volcano.

'The night before we were going to shoot the black-lava battle, [executive producer] Brian Mendoza and I were driving past Mauna Loa and I was like, "Dude, that volcano's going to go off,"' recalls Momoa. 'Six hours later, we got awakened in the middle of the night with the news that it had.'

'The eruptions continued the entire time we shot the scene,' adds Sibbett. 'After we wrapped the battle, I woke up the next morning to the news saying the eruptions had ended that night. Do I believe that we caused that? No, but what I do believe is that there was an energy behind what we were doing, looking back to our ancestors who were very connected to the land.'

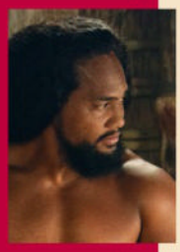
Battling to secure their future


Kaina Makua and Luciane Buchanan star

WORDS: STEVEN PERKINS. PHOTOS: APPLE TV+

WHO'S WHO IN *CHIEF OF WAR*

King Kamehameha
Kaina Makua



The King of Hawai'i recruits Ka'iana to help unify all of the islands to provide greater protection.

Kupuohi
Te Ao o Hinepehinga

Ka'aina's wife has a fierce sense of loyalty to her people and will fight to protect them however she can.

King Kahekili
Temuera Morrison

The King of Maui wants Ka'iana to return to his side and lead Maui's warriors against the other islands.

Keoua
Cliff Curtis

A rival chieftain to Ka'iana who believes that he was denied his birthright of becoming the King of Hawai'i.

Namake
Te Kohe Tuhaka

The middle sibling of Ka'iana's family feels the conflict of his desires and his responsibilities, as he is secretly in love with Kupuohi.

Nahi
Siua Ikale'o

Ka'iana's youngest brother is still attempting to find his place in his elder sibling's shadow, and has feelings for Kupuohi's sister.

Ka'ahumanu
Luciane Buchanan

King Kamehameha's wife and a trusted friend of Ka'iana's, who plays a vital role in the battle to unify the islands.

Ka'iana
Jason Momoa
The reluctant warrior is living in exile in Kaua'i due to his unwillingness to follow in his father's footsteps as chief of war.

SEARCH party

Theo and Diana reunite for **a missing-person's case** that's dangerously close to home...

NEW CRIME DRAMA

The Gone

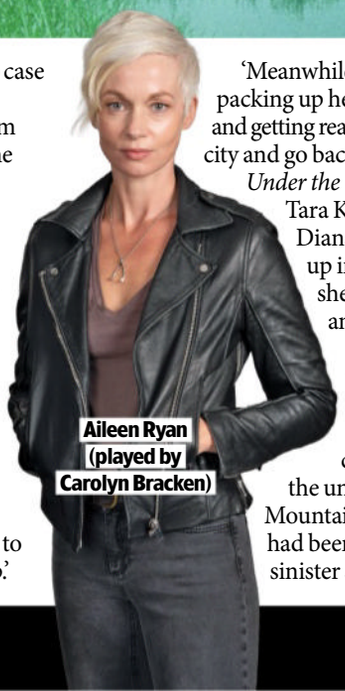
Thursday & Friday, 9pm, BBC2 (box set, BBC iPlayer)

As crime drama *The Gone* returns with a thrilling second season on BBC2, Irish cop Theo Richter and Maori detective Diana Huia are ready to move mountains to solve a chilling missing-person's case that hits close to home for both of them.

At the end of the first run (available on BBC iPlayer), Theo (Richard Flood) was on the verge of leaving New Zealand town Mount Affinity with his love interest and journalist Aileen Ryan (Carolyn Bracken), having solved the kidnap case of a young Irish couple.

Picking up directly from the climax of Season 1, the new six-part run doesn't pause for breath as Theo suspects that Aileen is in grave danger…

'Season 2 starts exactly where we finished. Theo's in the airport and he's calling and calling Aileen but not getting any response,' says *Grey's Anatomy* star Flood, who plays the Dublin detective. 'He makes a decision to head to the police station for help.'



Aileen Ryan (played by Carolyn Bracken)

'Meanwhile, Diana is packing up her mum's house and getting ready to leave for the city and go back to her life,' adds *Under the Vines*' Acushla-Tara Kupe, who plays Diana. 'Theo turns up in a taxi, asks if she's seen Aileen, and so it begins.'

At this point, the duo are unaware that Aileen was chasing a lead on the unsolved historic Mountain Murders and had been lured to a sinister shack in a remote area. There, in the closing scenes of the previous outing, she discovered a collection of macabre trophies associated with the serial killer known as the Goatman.

'Diana finds it quite confusing that Aileen has gone missing,' says Kupe. 'This is totally new territory but Diana has to take the lead because she's obviously a bit more objective than Theo about the whole situation.'

WORRYING CLUES

Theo and Diana retrace Aileen's steps to the hut, where they find evidence of a shoot-out that points to ruthless gangster Derry Fallon (Aaron Monaghan) and

WORDS: IAN MACEWAN, ELAINE REILLY; PHOTOS: ADOBESTOCK, BBC, SKY, CBS

Stars Richard Flood (Theo) and Acushla-Tara Kupe (Diana)

another, unidentified individual.

Believing the Goatman is active again, they launch a manhunt while the town comes under intense media scrutiny due to the case. Alongside this, Theo must face his Huntington's disease diagnosis while Diana inches closer to the truth about her mother's unsolved disappearance many years ago.

Returning cast include Vanessa Rare and Wayne Hapi as Diana's aunt and uncle, Wiki and Buster; Michelle Fairley as judge Hannah Martin; Scott Wills as local copper Bruce Harris; and Owen Black as violent criminal Frank Pastors.

'One of the good things about coming back is that there are so many of the same faces,' smiles Flood. 'New Zealand is incredible. And being in Te Aroha [the North Island town that doubles for Mount Affinity] is always a highlight, because it feels very much like the world of the show.'

Filmed in Ireland and New Zealand, this time the drama dives even deeper into the past, as the protagonists enter a deadly game of cat and mouse with a complex and unpredictable killer.

'Because of Theo's personal relationship with Aileen, there's an urgency and a panic to the situation,' says Flood. 'Diana has to get him to see the wood from the trees – without her, he'd be lost.'

Gabriela (Stephanie Arcila) and Bode (Max Thieriot)

Burning love

Gabriela's wedding is rudely interrupted as the Californian firefighters return

NEW DRAMA

Fire Country

Wednesday, 9pm, Sky Witness (box set, Sky Box Sets & NOW)

Season 3 of US drama *Fire Country* kicks off in explosive style as the wedding of firefighter Gabriela (Stephanie Arcila) and paramedic Diego (Rafael de la Fuente) is cut short by a helicopter crash.

Gabriela and convict turned firefighter Bode (Max Thieriot) – who shared a passionate kiss in the last season – leap into action at the crash site, but Gabriela is clearly in two minds about getting hitched.

The chopper has caved in the roof of the appropriately named Smokey's Tavern, so it's all hands to the pump in a race to put out fires, rescue trapped diners and helicopter crew, and tend to the wounded – with Bode and Gabriela's unrequited love smouldering away in the background.

'Fans are going to be shocked,' teases Arcila. 'They are going to see Gabriela's flaws, and see her fall and get back up emotionally, and be challenged to face everything she hasn't in the past two seasons.'

In the immediate aftermath of her interrupted vows, Gabriela is happy to distract herself with the rescue, still wearing her bridal gown. But Arcila says that's not going to work for her going forward.

'She buries herself in her work, but this time she can't do that,' she explains. 'So it's going to be a very emotionally aggressive journey.'

REDEMPTION

The new run will also feature a guest appearance from country-music singer Jelly Roll as caretaker and former convict Noah, who opens up to help battalion chief Vince (Billy Burke) deal with his father's dementia.

The singer was cast on the show after meeting co-creator and star Thieriot at a music awards show. Jelly Roll spent time in prison in his 20s before turning his life around with music and could relate to the stories in *Fire Country*.

'We worked on the second-chances idea,' explains Thieriot. 'He's telling a story of someone who's gone through difficult things in their personal life. His character will leave a really big impact.'

Jelly Roll as Noah, with Jeff Fahey as Vince's dad Walter

Lifting the trophy as 2024-25 League One champions

Last season's home game against Wrexham AFC

Blue heaven

Move over, Wrexham... A new docuseries follows the fortunes of **Birmingham City**

NEW DOCUMENTARY

Built in Birmingham: Brady & the Blues

From Friday 1 August, Prime Video

As the creator of the BBC's hit gangland drama *Peaky Blinders*, Steven Knight can take huge credit for putting his home city of Birmingham firmly on the map.

Now, the 65-year-old writer – a lifelong fan of Birmingham City FC – is highlighting the UK's second city once again as an executive producer of Prime Video's new behind-the-scenes football docuseries, *Built in Birmingham: Brady & the Blues*.

Just as *Welcome to Wrexham* has charted the renaissance of the Welsh football club following its takeover by Hollywood stars Ryan Reynolds and Rob McElhenney, so this five-part series follows the fortunes of Birmingham City under the new ownership of an American consortium that includes the NFL's legendary quarterback Tom Brady.

For Knight, the documentary provides a chance to show off his beloved team to a worldwide audience.

'The joys and sorrows of supporting this club may have given me a taste for drama, tragedy and comedy,' smiles Knight, who began supporting the team as a young boy. 'It was by going to Blues matches that I went to the pubs and streets of Small Heath, and my dad and uncles would tell me stories of their childhoods – and some of those stories formed the basis for *Peaky Blinders*.'

Producer Steven Knight

Tom Brady with the New England Patriots

ALL CHANGE

There's certainly no shortage of drama in *Built in Birmingham* as cameras capture an eventful period in the club's history. In January 2024, the board sacked coach Wayne Rooney after just 83 days in the job, but were unable to prevent the team being relegated from the Championship.

However, the appointment of coach Chris Davies last summer – plus a big investment in new players – sparked a huge upturn, and 2024-25 saw the Blues promoted straight back to the Championship after an all-conquering campaign in which they set a new EFL record of 111 points, with Davies named League One's Manager of the Season.

'I could not be happier, I never thought it would happen,' admits

WORDS: RICHARD MCCLURE; ALISON SLADE. PHOTOS: BBC, GETTY, ITV, PRIME VIDEO

Cameras capture dressing-room talks

Brady and David Beckham at St Andrew's

Knight, who also created the Midlands-set 1980s series *This Town* and period drama *A Thousand Blows*. 'Let's just hope that our dreams are going to come true.'

Already, seven-time Super Bowl champion Brady has called upon his celebrity contacts to help publicise the club, with his close friend David Beckham turning up at St Andrew's last season to watch the Blues' match against Wrexham (who were also promoted to the Championship).

AIMING HIGH

Having played in the NFL until the age of 45, Brady has also brought his knowledge of fitness and nutrition to the squad.

'It's very important how you take care of yourself,' he says. 'I've learnt a lot of lessons over a long period of time, and I really wanted to work on how we can benefit the entire team. You want to be healthy when you go out to play so you have all of your strength and energy.'

The US consortium has also announced ambitious plans for a new 62,000-seat stadium to replace St Andrew's. But the next target is winning a place in the Premier League for the first time since 2011. Having signed several expensive players this summer, the Blues will kick off the new Championship season on Friday 8 August by hosting relegated Ipswich Town.

'Last season was a tremendous moment for the club, but the reality of sports is you start fresh every year,' says Brady. 'You start right back at the bottom, nothing is given to you – you have to go and earn it every year.'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

The truth sends Abi straight to Carl

CORONATION STREET

Abi gives in to temptation with Carl...

» **Under the impression** that husband Kevin's testicular cancer has been unresponsive to chemotherapy, stressed Abi tells Tyrone that she must face the music and give stepson Jack the bad news.

Aware that Kevin is, in fact, now cancer-free, guilt-ridden Ty puts Abi in the loop, leaving her understandably shocked and horrified.

Abi confronts Kevin

Confronted by his furious wife, Kevin admits that he knows there is an attraction between Abi and his younger brother Carl, and he thought that by lying about his illness, it would stop her from leaving him. Asserting that she can't bear to look at him, an emotional Abi heads out and does exactly what Kev has long feared – she falls into Carl's arms and gives in to her carnal desires.

But post-nookie, as reality hits, Abi decides to plod on with her marriage. Carl insists it's for the best, but as he later decides to leave the cobbles – having been given the sack by his sibling – will Abi listen to her heart and make a shock decision?

» **PLUS** Theo discovers Danielle is dating conversion therapist Noah, Dee-Dee has a big decision to make about Laila, Lisa looks for answers about Becky's death, Dev's aunt Rani arrives, and Sam opens up to Toyah about his anxiety and panic attacks.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Oscar (right) inadvertently attacks Peter, Nicola tries to help son Harry, Alfie returns from Spain, Yolande urges Patrick to stop gambling, Suki worries about Avani, and Stacey and the kids mark Martin's birthday.

EMMERDALE

» Moira is arrested for assault (above), John digs for dirt on nemesis Robert, Lewis encourages Ross to win back Steph, April's friend Dylan returns to the village, and Mack struggles as Charity pushes ahead to be Sarah's surrogate.

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Maureen Leckey, Online review

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Rob Brydon hosts a bus-trip game show in which the route is a mystery

Location, location

NEW ENTERTAINMENT

Destination X

Wednesday & Thursday, 9pm, BBC1

It's *Race Across the World* meets *The Traitors* in BBC1's *Destination X*, a new game show in which the only question that really matters is, 'Where are we?'

Hosted by Rob Brydon, the 10-part series invites 13 eager contestants on a trip of a lifetime around Europe – but with a disorientating twist: the windows of their bus are blacked out, so they must solve a series of clues to work out where they're going. There's £100,000 on offer for the eventual winner, but they'll be tested on their current location at regular intervals, and players who guess too wide of the mark will be eliminated.

Here, Brydon, 60, tells us more about what to expect…

How does *Destination X* work? The show sees 13 people travel around Europe on a very special bus – the windows are opaque for most of the time but can suddenly become clear at the flick of a switch, albeit very briefly. The players have to complete challenges to win clues as to where on Earth they are, and at the end of each episode, they go into a 'map room' on the bus and have to guess our actual location. Whoever is furthest away from 'Destination X' has to leave.

What were the dynamics like between the players? The great thing is watching how the relationships alter and shift, and how trust is sometimes misplaced between contestants. Only one person can win – and as it gets closer and closer to the prize, there's some interesting behaviour…

Brydon with the 13 contestants

There's one bus for day and one for night

Did you take inspiration from anyone for your role as the show's presenter? I did look to Claudia Winkleman on *The Traitors*. She gets the balance so right – being mischievous at times, but always wanting the contestants to have a great experience. I ended up having a nice relationship with the players, and I was sad when someone had to go off the bus.

Were there any moments when you came close to accidentally revealing where you were to the players? In one episode, we were about to visit a lovely location. I was chatting with the crew, and mentioned where we were heading – and then I realised one of the players was close by. Luckily, they didn't hear. I can be sure of that, because what happened next made it clear!

WORDS: STEVEN PERKIN'S. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Matthew Broderick

Elsbeth

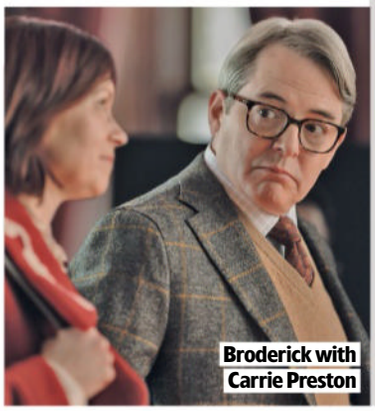
Monday, 9pm, Sky Witness

Born in New York in 1962, Matthew Broderick found fame as the title character in cult 1987 movie *Ferris Bueller's Day Off* (inset), while his other big-screen credits include *Inspector Gadget* and *Manchester by the Sea*. Married to *Sex and the City* star Sarah Jessica Parker, his recent TV work includes real-life businessman Richard Sackler in *Painkiller* and a fictionalised version of himself in *Only Murders in the Building*.

1987

HIS NEW ROLE

In this week's episode of *Elsbeth*, Broderick guests as Lawrence Grey, whose college-admissions company helps the children of wealthy parents get into the school of their choice – for a hefty fee. But when Lawrence clashes with Ethan, the admissions director of an Ivy League university, he plans an elaborate murder during a fencing match. Can Elsbeth (Carrie Preston) crack the case? Look out, too, for Broderick's son, James Wilkie Broderick, as Carl, who works at Lawrence's company. 'I was so proud to work with my son James and everyone on *Elsbeth*,' says Broderick. 'I'm excited for the episode to come out.'


Broderick with Carrie Preston

Alexandra Daddario plays Rowan

Witching hour

Rowan faces a **dark side of motherhood** as the Anne Rice thriller returns

The gang's back

Top of the pods

Chaotic Irish mammy **Mrs Brown hits the airwaves**

NEW COMEDY

Mrs Brown's Boys

Friday, 9.30pm, BBC1 (box set, BBC iPlayer)

Domineering Dublin matriarch Agnes Brown is back on BBC1 for a new four-part series of Brendan O'Carroll's popular sitcom *Mrs Brown's Boys*.

In the opener, Mrs B unwittingly becomes the subject of a podcast, while later in the run, the meddling mammy causes chaos when she 'helps' neighbour Winnie (Eilish O'Carroll) prepare for her driving test and infiltrates a book group daughter Cathy (Jennifer Gibney) attends.

Irish comedian O'Carroll tells us more about his homegrown series...

What can you reveal about Agnes' latest antics? Cathy gets involved with a podcast producer [guest

WORDS: REBECCA MAHONEY, RICHARD MCCLURE, ELAINE PENN, ELAINE REILLY. PHOTOS: BBC, C4, SKY

NEW FANTASY DRAMA

Mayfair Witches

Mon, 11.10pm & 11.55pm (times vary), BBC1 (box set, BBC iPlayer)

Gifted neurosurgeon and reluctant witch Rowan Fielding deals with teething problems of a darker kind as the fantasy drama based on Anne Rice's trilogy returns for an eight-part second run.

We last saw Rowan (Alexandra Daddario) making a fateful choice to embrace her ancestral supernatural power and conceive a child with Lasher (Jack Huston), the seductive spirit that has haunted her bloodline for generations. Now, just like most new mothers, Rowan is sleep-deprived and exhausted, but she's raising a son who is far from ordinary.

Jack Huston as Lasher

MYSTERY AND MAGIC

Her baby is the human reincarnation of Lasher himself and is ageing rapidly, growing from infant to teenager in mere days. Determined to understand what he's become – human or monster – how far will Rowan go to protect her family?

'Now this strange world has been established, Rowan is fully in it, so we really embrace the insanity and magic,' says *The White Lotus* star Daddario, 39. 'Anne Rice gave us such a rich world to play with and this new chapter is something unique that viewers haven't seen before.'

The new instalment draws from Rice's 1993 novel *Lasher*, and Huston promises we'll see a different side to the powerful, shapeshifting entity.

'Lasher has just come into his human form and he's not used to this world,' says *Ben-Hur* star Huston, 42. 'He doesn't understand his purpose, so we thought of Frankenstein's monster as a template for his journey. We were just discovering our characters before, but now we get to live them and go deep.'

NEW WORLDS

Mayfair patriarch Cortland (Harry Hamlin) is back, along with Talamasca agent Ciprien Grieve (Tongayi Chirisa). But another Mayfair cousin arrives in New Orleans: the mind-reading witch Moira (Alyssa Jirrels), who's searching for answers about her sister Tessa's death.

Other new additions include *Monk* star Ted Levine as Cortland's father Julien, plus *Mad Men* actor Ben Feldman as Sam 'Lark' Larkin, a geneticist and Rowan's ex.

'We've levelled up this season and have some great new actors,' says Daddario. 'Rowan's love interest, Lark, is totally out of this world that she's in, so an outside perspective on the complicated people around her is fascinating.'

Agnes takes over the podcast!

star Simon Delaney], which is commandeered by Agnes and her neighbours. Grandad decides that he wants to leave for a care home and Agnes packs his bags for him! There's also a disastrous driving test, which ends with a huge shock. And Father Damien stages his annual talent show in Foley's Bar.

What have you enjoyed about working on this series? Writing the miniseries is much more relaxing. With the Christmas specials, I have to keep it within the Yuletide period – including the Christmas trees, which have emerged as their own event. Most of the storylines are based on true events that either happened to my family or have been told to me by people about their families.

What are your standout moments from filming this year? Having Agnes on a mobility scooter was fun – she goes nuts! Filming in front of a live audience is essential to the show. They add so much to our performances and we would be lost without them.

What is the secret to the show's enduring success? I honestly don't know. I write and perform what I think is funny and just hope that somebody somewhere gets a laugh out of it. That's it!

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

IT'S THE FINAL!

Bake Off: The Professionals

Tuesday, 8pm, C4

After nine weeks of culinary challenges, *Bake Off: The Professionals* reaches its finale as the remaining contestants are tasked with making a social-media-based patisserie, before creating a banquet celebrating great train journeys. 'This year, for the first time, one team will leave after day one, leaving the best two to battle it out,' reveals judge Benoit Blin. 'We wondered if that was harsh, but we wanted the final to be different.'

NEW

Animal Park

Monday-Friday, 9.30am, BBC1

Catch up with all the giraffes and zebras as *Animal Park* returns to Longleat Safari and Adventure Park for three weeks of daily visits. Kate Humble and Ben Fogle (both right) will be joined by Hamza Yassin and Megan McCubbin as the park looks to welcome its first new hippos in over 40 years. There's also drama in Lion Country when Malaika begins to show signs of ill health.

NEW

Japan's Master of Restoration

Wednesday, 9pm, BBC4 (box set, BBC iPlayer)

Fans of *The Repair Shop* should enjoy this series, which follows Japanese antique restorer Koji Mayuyama, whose expertise is in huge demand from museums and collectors. This week, a museum in Osaka asks Mayuyama to restore a 16th-century tea bowl and an 800-year-old vase from China.

TELL US YOUR VIEWS!

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Claire Ruck, Editor-in-Chief

Quiet (left) and John Doe

Demolition derby

Get set for **more thrills and spills** as action comedy *Twisted Metal* returns

The race is back on

Paramount+ Twisted Metal

NEW *Available: Friday 1 August Genre: Action comedy Season: 2 Episodes: 12 (first three eps from 1 August, then two eps weekly)*

Brace yourself for a demolition derby across the deserted wastelands of post-apocalyptic America, as action comedy *Twisted Metal* returns to Paramount+ for a second run.

Based on the video-game franchise, the first high-octane season followed John Doe (Anthony Mackie) and Quiet (Stephanie Beatriz) as they took on an epic quest across the States.

The pair formed a deep connection during their travels, but this time they are facing each other in the sinister Twisted Metal contest – hosted by Calypso (Anthony Carrigan).

We spoke to *Brooklyn Nine-Nine* star Beatriz, 44, to get an exclusive heads-up…

Is there even more action in this second season? It's much bigger and more action-packed. There are more cars, more explosions, more shoot-outs and more crashes…

Where do we find Quiet as the action resumes? In the Season 1 finale, she was refused entry to New San Francisco, while John was let in. But she's teamed up with Dollface [Tiana Okoye] and her mini army, so that's her new crew. There's a lot of tension when John reappears, because he wants things to go back to the way they were.

How does Quiet feel about parting ways with John? She's conflicted. When you have those first relationships and then you meet again, you have to decide if you're still in love with this same person – or if they are, in fact, the same person. Whether John and Quiet are still a team or whether they'll compete is one of the questions of the season.

How does John handle the arrival of Dollface, who's actually his long-lost sister? Quiet trusts Dollface's vision of what the world should be like and John really bristles at that, because she has a completely different world view to him. His amnesia means he's been alone for as long as he can remember – until Quiet turned up – and now he has a family, but what does he do with that?

John and Quiet's nemesis Sweet Tooth is back, but are there any new characters? Fans of the games will be delighted with Season 2 because we have loads of new characters. Vermin, played by Lisa Gilroy, is one of my favourites. She's absolutely unhinged!

Do you still enjoy filming the action sequences? They're so much fun. I have to admit, I turned into a bit of a speed demon after the first season. I went to a couple of NASCAR races and had rides around the track with the driver doing 180mph and I loved it!

What we're watching...

The shows being enjoyed by the *TVSW* team

Netflix Shark Whisperer

Genre: Factual Episodes: One-off

The aptly named Ocean Ramsey is a marine conservationist who is passionate about protecting sharks and uses social media to promote her cause, posting breathtaking videos – shot by Juan Oliphant – of her swimming with them. Her bond with Roxy, a tiger shark with a broken jaw, is particularly poignant, while footage of Ramsey swimming alongside a huge great white shark belies the predator's fearsome *Jaws* image, and even led Hawaii to become the first US state to make killing sharks illegal.

prime Heads of State

Genre: Action comedy Episodes: One-off

The chemistry between John Cena as the US President and Idris Elba as the UK Prime Minister makes this action-packed comedy an entertaining watch as the bickering leaders try to thwart a global conspiracy.

Netflix Attack on London: Hunting the 7/7 Bombers

Genre: Documentary Season: 1 Episodes: 4

Twenty years after suicide bombers killed 52 people and injured over 700 on London's transport system, the horror of that day is recalled.

Now in production...

Three upcoming shows to look out for soon

tv+ Murderbot

The comic sci-fi thriller, based on Martha Wells' novellas, will return for a second series on Apple TV+, in which Alexander Skarsgård (above) reprises his role as the titular cyborg who hides its capacity for free will during dangerous missions – but fresh challenges await.

Disney+ The Rooneys

Disney+'s 10-part observational docuseries will see cameras follow the lives of Wayne and Coleen Rooney (both above) as they raise their four sons and enjoy family celebrations and milestones while juggling their busy careers and Coleen's new business ventures.

Netflix Vladimir

Leo Woodall (above) is joining the cast of Netflix's darkly comic drama, inspired by Julia May Jonas' novel about a professor (Rachel Weisz) whose world implodes and she becomes transfixed by her new colleague. John Slattery, Jessica Henwick and Ellen Robertson will co-star.

WORDS: CAREN CLARK; JUDY EWENS, SEAN MARLAND. PHOTOS: GETTY, NETFLIX, PARAMOUNT+, PRIME VIDEO, PEACOCK

New Orleans after Katrina hit

STORM of the century

Survivors of the **Hurricane Katrina disaster** tell their stories...

Disney+ Hurricane Katrina: Race Against Time

NEW *Available: Mon 28 July Genre: Documentary Season: 1 Episodes: 5*

On 29 August 2005, Hurricane Katrina crashed into the city of New Orleans in what would be remembered as one of the most devastating natural disasters in US history, causing the deaths of almost 2,000 people.

Now, as the 20th anniversary of the disaster approaches, this five-part series gives a minute-by-minute account of the catastrophe, while telling the heart-wrenching stories of people who battled to survive the storm and its aftermath.

The opening episode begins with Katrina gathering strength to become a hurricane as it approached New Orleans from the Gulf of Mexico, leading Mayor Ray Nagin to issue the city's first-ever mandatory evacuation order.

As winds of over 150mph unleashed a wave of destruction on the Louisiana city, residents who couldn't evacuate scrambled to find shelter. More than 100,000 people were unable to get out in time and were left to fend for themselves as Katrina descended.

'New Orleans is a city with a high poverty rate,' says news reporter Thanh Truong. 'If you tell poor people to leave, where are they going?'

As the storm surged, there were many failures of the levees and flood walls built to protect New Orleans, half of which is situated below sea level, and 80% of the city was flooded.

'Everything changed the morning after Katrina,' says resident Lucrece Phillips. 'My house was right by a levee. We heard an explosion, which was the levee breaking, then the water rose to the second floor of my house in just 20 minutes. I felt like the world was ending.'

As residents climbed on to their roofs, awaiting rescue, a delay in aid and supplies from government agencies only exacerbated the situation, and thousands of people were left stranded without access to food, water or medical care.

'Yes, it was a [natural] disaster,' says resident Malik Rahim. 'But the tragedy of Katrina was man-made. It was a hurricane of governmental failure, mistruth and injustice.'

● *Hurricane Katrina: Race Against Time is also on National Geographic on Mon at 8pm & 9pm*

Military personnel help a survivor

Martin with Tristan and Lucy

Choppy waters

A marine biologist tackles **secrets from his past**

Acorn tv Summertide

NEW *Available: Monday 28 July Genre: Drama Season: 1 Eps: 21 (two eps released weekly)*

A widower faces emotional challenges as he tries to pick up the pieces of his life in Acorn TV's South Africa-set drama *Summertide*.

The series centres on marine biologist Martin Field (Frank Rautenbach), who, following the death of his wife Julia, takes his troubled teenage son Tristan and young daughter Lucy back to his old home in Simon's Town on South Africa's False Bay coast.

Once there, Martin establishes a conservation trust to help the local marine life, but he is met with animosity from the fishing community. Meanwhile, there is further turmoil when he reconnects with his caring mum Wilma (Terry Norton), his brusque retired-naval-commander dad Jack (Andre Jacobs) and his laid-back brother Gavin (Tyrone Keogh), along with his first love, restaurateur Rebecca (Monique Rockman), and secrets from his difficult past emerge.

'Martin is a straightforward guy but also a complex character because he's had a lot of complicated things happen in his life,' teases Rautenbach. 'But it's a show about a family trying to make it work.'

To prepare for the role, Rautenbach was keen to get a taste of Martin's occupation.

'I spent time with a marine biologist and even did scuba diving,' he reveals. 'I grew up by the ocean surfing, fishing and snorkelling but after doing the open-water scuba-diving course, I am in love with the ocean more than ever.'

WORDS: CAREN CLARK; HANNAH DAVIES, SEAN MARLAND. PHOTOS: ACORN TV, BBC, C4, © 2025 DISNEY & ITS RELATED ENTITIES, GETTY, ITV, NETFLIX, U&ALIBI, NATIONAL GEOGRAPHIC

Sofia Carson and Corey Mylchreest

Partners *in rhyme*

A US **student falls for her poetry professor** in a Netflix romance

NETFLIX My Oxford Year

NEW *Available: Friday 1 August Genre: Drama*

If it's a summer romantic drama you're after, then look no further than Netflix film *My Oxford Year*, directed by Iain Morris, who wrote and created coming-of-age sitcom *The Inbetweeners*.

Set against the dreaming spires of Oxford and based on Julia Whelan's bestselling novel of the same name, it stars Sofia Carson as ambitious American Anna, who pursues her childhood dream of studying at Oxford for a year-long graduate programme.

But when sparks fly between Anna and charming poetry professor Jamie (Corey Mylchreest), their relationship threatens the meticulous postgraduate life and career she'd planned for herself.

'Iain Morris wrote and created one of the most iconic shows in British television,' says Carson, 32, who's best known for the Disney musical-fantasy film *Descendants* and its sequels.

LOVE AND LAUGHTER

'Comedy is his language, so his vision of this film beautifully created a timeless, heartbreaking, sweeping romance, but grounded in laughter. Within one scene you may fall madly in love, you may cry, but he will always make sure the joy of laughter is present.

'Our story reaffirms the belief that life's too short to not live it in love, to not live it in joy. And I hope that truth rings true in the hearts of anyone who watches it.'

The all-star cast includes Dougray Scott and Catherine McCormack, alongside Harry Trevaldwyn, Poppy Gilbert and Hugh Coles.

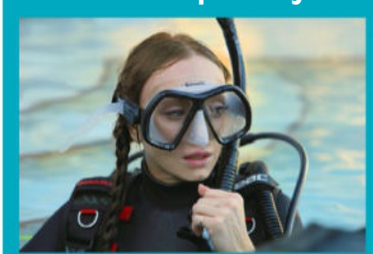
Carson, who also acted as executive producer on the film, knew she wanted Mylchreest to play Jamie as soon as he came in for a chemistry read.

'He's an extraordinary force of an actor,' she says. 'When it came time to cast Jamie, I knew it would be Corey. As soon as he walked into the room for our read in London, Anna and Jamie came to life, instantly.

'Together we were dedicated to diving into Anna and Jamie's love story, to bring it to life with every bit of our hearts.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



ITVX Shark! Celebrity Infested Waters

The ITV1 series follows famous faces as they get close to sharks in the Bahamas. Shortly after they arrive, they have to dive with bull sharks, and *Call the Midwife* star Helen George (above) is terrified.

4 The Couple Next Door

Surgeon Charlotte (Annabel Scholey) and anaesthetist husband Jacob (Sam Palladio) face tension in the return of C4's drama when their new neighbour, nurse Mia (Aggy K Adams), comes into their lives.

Sky box sets / Virgin / NOW Bookish

U&Alibi's 1940s-set whodunnit sees bookseller Gabriel Book (Mark Gatiss) take on former jailbird Jack (Connor Finch) as an assistant, but he soon embroils the bemused youngster in the world of crime-solving...

BBC iPLAYER Human

In BBC2's intriguing docuseries about the evolution of Homo sapiens, palaeoanthropologist Ella Al-Shamahi (above) visits Morocco, where the discovery of a skull fossil reveals how we emerged as a species 100,000 years earlier than thought.

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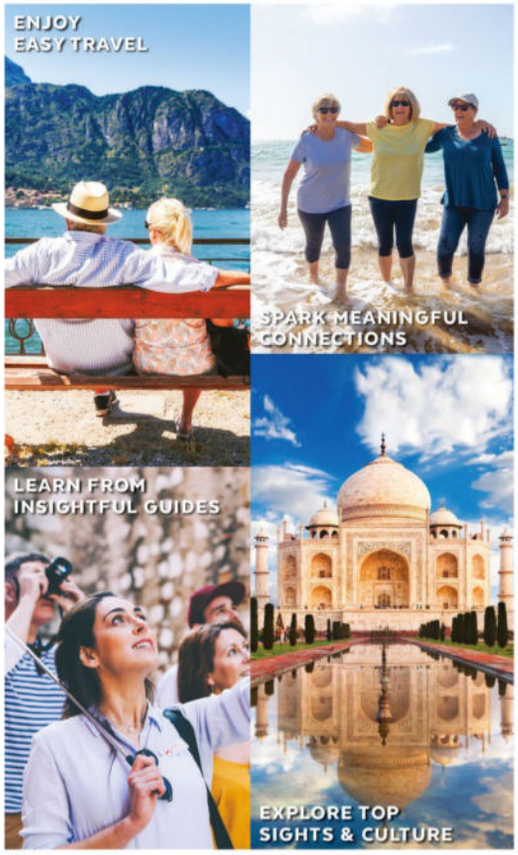

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Holiday Departure Months: 2025 2026

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Holiday Departure Months: 2025 2026

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Holiday Departure Months: 2025 2026

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- A full day excursion to Seville including a guided city tour and a visit to the Alcazar

Holiday Departure Months: 2025 2026

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Facebook Honeytrap: Catching a Killer

Sunday 27 July

Documentary about the murder of British expat Christine Robinson at her game lodge in South Africa in 2014. Her niece Lehanne was determined to catch the killer, who had fled to Zimbabwe. Unable to travel due to a chronic illness, Lehanne turned to Facebook and set a honeytrap.

Summertide

Monday 28 July

South African drama. After the death of his wife, marine biologist Martin Field (Frank Rautenbach) moves his rebellious teenage son and daughter to his old home town to start afresh while he sets up a conservation trust to protect marine life. See feature, page 16.

The Congregation

The Congregation

Monday 28 July

The second season of the Swedish drama about a secluded Christian sect in a small rural town. Following a brutal murder in Season 1, attention again turns to the secretive community, with control, manipulation and spiritual abuse lurking behind the cult's devout facade.

Hurricane Katrina: Race Against Time

Monday 28 July

Docuseries about the devastating hurricane of 2005 that claimed around 1,400 lives in and around New Orleans and exposed the racial and structural inequalities at the heart of America. Also on National Geographic (Mon, 8pm & 9pm). See feature, page 16.

Miley Cyrus: Something Beautiful

Wednesday 30 July

A film companion to Miley Cyrus' recent studio album of the same name. The pop opera, featuring 13 new songs including hit single *End of the World*, was co-written and co-directed by Cyrus.

Conversations with a Killer: The Son of Sam Tapes

Wednesday 30 July

True-crime docuseries about serial killer David Berkowitz, known as the Son of Sam, who terrorised New York between 1975 and 1977. Includes previously unheard first-hand accounts from police, survivors and journalists.

StuGo

Wednesday 30 July

Animation. Six gifted young students are invited to an academic summer camp on a remote Caribbean island, only to discover that it was a ruse orchestrated by a mad scientist.

A Killer's Confession

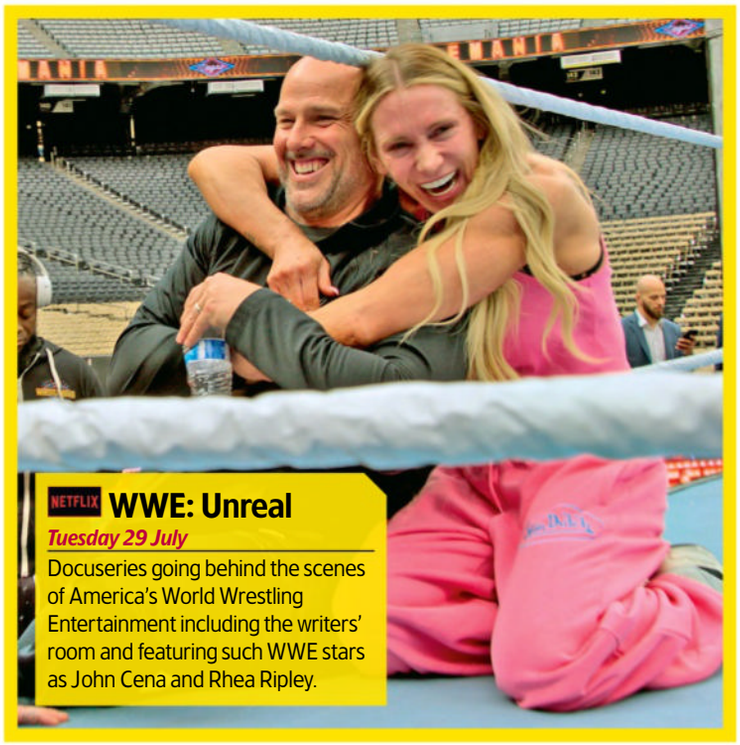
Thursday 31 July

True-crime documentary. In 2011, taxi driver Christopher Halliwell confessed to killing two women, Sian O'Callaghan and Becky Godden, and led police to their remains. But because he was not under caution, his confession was ruled inadmissible. However, Godden's mother Karen Edwards was determined to get justice for her daughter.

Leanne

Thursday 31 July

When her husband of 33 years leaves her for another woman, a Southern grandmother (Leanne Morgan) starts over with the support of her fun-loving sister (*3rd Rock from the Sun*'s Kristen Johnston) in this sitcom co-created by Morgan and *Mom*'s Chuck Lorre.



WWE: Unreal

Tuesday 29 July

Docuseries going behind the scenes of America's World Wrestling Entertainment including the writers' room and featuring such WWE stars as John Cena and Rhea Ripley.

Chief of War

Friday 1 August

Epic historical drama telling the story of the unification and colonisation of Hawaii from an indigenous perspective. Co-created by its star, Hawaii-born Jason Momoa. See feature, page 4.

My Oxford Year

Friday 1 August

Romantic-drama film. An American student (*The Life List*'s Sofia Carson) fulfils her dream of studying at Oxford, where she falls for a Brit (*Queen Charlotte: A Bridgerton Story*'s Corey Mylchreest) who is hiding a secret. See feature, page 17.

Twisted Metal

Friday 1 August

In the second season of the post-apocalyptic action comedy, John (Anthony Mackie) and Quiet (*Brooklyn Nine-Nine*'s Stephanie Beatriz) enter the deadly Twisted Metal tournament, a sinister demolition derby hosted by a mysterious man known as Calypso (*Barry*'s Anthony Carrigan). See feature, page 14.

Built in Birmingham: Brady & the Blues

Friday 1 August

Behind-the-scenes docuseries about Birmingham City FC, following players, coaching staff and ownership figures, including minority owner Tom Brady – the former NFL star – as the club fights to instil a winning culture. See feature, page 8.

Stillwater

Friday 1 August

The fourth season of the animated children's series about three siblings and their neighbour Stillwater (James Sie), a wise panda who helps them navigate childhood challenges.

Perfect Match

Friday 1 August

The third season of the dating show, hosted by Nick Lachey, featuring contestants from reality shows such as *The Bachelorette* and *Love Island*.

Classified

Friday 1 August

French-Canadian thriller from Walter Presents. Married Canadian intelligence agents Rachel and Émile maintain a quiet life until there's a fatal shooting near the US consulate in Montreal. Assigned to investigate, they uncover evidence pointing to a mole within their own ranks.

Trainwreck: Storm Area 51

Tuesday 29 July

Documentary. In 2019, a jokey Facebook post inviting alien hunters to storm Area 51, the classified US Air Force facility in the Nevada desert, went viral, with thousands saying they would join the event, putting the military, FBI and Federal Aviation Administration on high alert.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, VIAPLAY

Documentaries

John Brown with Queen Victoria in 1868

Royal passions

Did Queen Victoria **secretly marry** her Highland servant John Brown?

NEW HISTORY

Queen Victoria: Secret Marriage, Secret Child?

Thursday, 9pm, C4

Dame Judi Dench and Sir Billy Connolly starred in the 1997 film *Mrs Brown* about the romance that was said to have blossomed between Queen Victoria and John Brown. But what really went on between the widowed monarch and her Highland servant?

In this one-off documentary, historian Dr Fern Riddell – who's written a book on the subject – teams up with Rob Rinder to uncover the truth.

MYSTERIES

'*Mrs Brown* did an incredible job of starting to change the story of Queen Victoria and John Brown,' explains Dr Riddell. 'What the film did well was show that there was a very powerful connection between the two. There have always been three questions surrounding them: Were they lovers? Did they get married? And did they have a child? So, I went on a hunt.'

While researching, Dr Riddell spoke with John Brown's last living descendants, who have kept a secret archive, including letters that people thought had been lost.

'There are some incredible revelations,' says Riddell. 'For me, the most moving one is that

Pompeii: Life in the City

Tuesday, 9pm, 5

What was life like in Pompeii before it was destroyed by a volcanic eruption? In this four-part series, Dr Kate Lister and Dan Snow (both pictured) recreate daily life in the Roman city that was home to bakeries, hairdressers, pubs and shops, and whose workers included slaves, gladiators, estate agents and a 'public pig keeper'.

I Am Raquel Welch

Sat, 9pm, Sky Documentaries

A feature-length profile of the late movie star (left), who, after famously wearing a fur bikini in *One Million Years B.C.*, won acclaim for performances in *Bedazzled* and *The Three Musketeers*. The film also explores how Welch redefined the sex symbol, clashed with extreme feminists and was forced to suppress her Latino heritage.

The Nazi Cartel

Tuesday, 9pm, Sky Documentaries

The story of how Nazi war criminal Klaus Barbie, known as 'the Butcher of Lyon' for his torture of prisoners in Vichy France, collaborated with drug baron Roberto Suárez (above) to overthrow the Bolivian government in 1980, an alliance that ushered in the age of the drug cartel in the South American country.

WORDS: IAN MACEWAN, SEAN MARLAND, ELAINE PENN PHOTOS: 5, ALAMY, BBC, C4, SKY

Rob Rinder and Dr Fern Riddell

Victoria had John's hand cast and carved in stone after he died so that it would be with her always.

NEW EVIDENCE

'John was Victoria's companion for 20 years and they had a deeply passionate, intimate connection,' adds Riddell, who believes she has proof that the pair got married.

'As for whether there was a child, you'll have to watch the programme. All I'll say is that John's family have been keeping some really big secrets.'

Rob Rinder's role in the programme is to provide balance, and Dr Riddell was delighted to work with him.

'He's so astute,' she says. 'He really wanted to understand the story and his inquiring mind interrogated the evidence that I presented to him, because much of it has never been seen before. He came on this wild ride with us.'

REGAL REVELATIONS

Dr Riddell hopes that the programme will also change people's perception of Queen Victoria, who has often been depicted as being stony-faced.

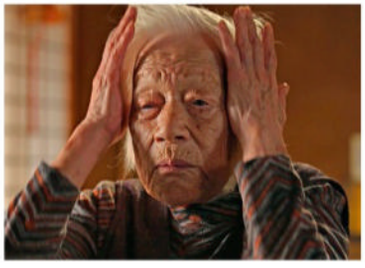
'She was a passionate, erotic, sensual person,' she says. 'Why would we have thought that would stop when this handsome, sexy, strong man called John Brown turned up in her life?'

Dench and Connolly in *Mrs Brown*

Holy Marvels with Dennis Quaid

Monday, 8pm, Sky History

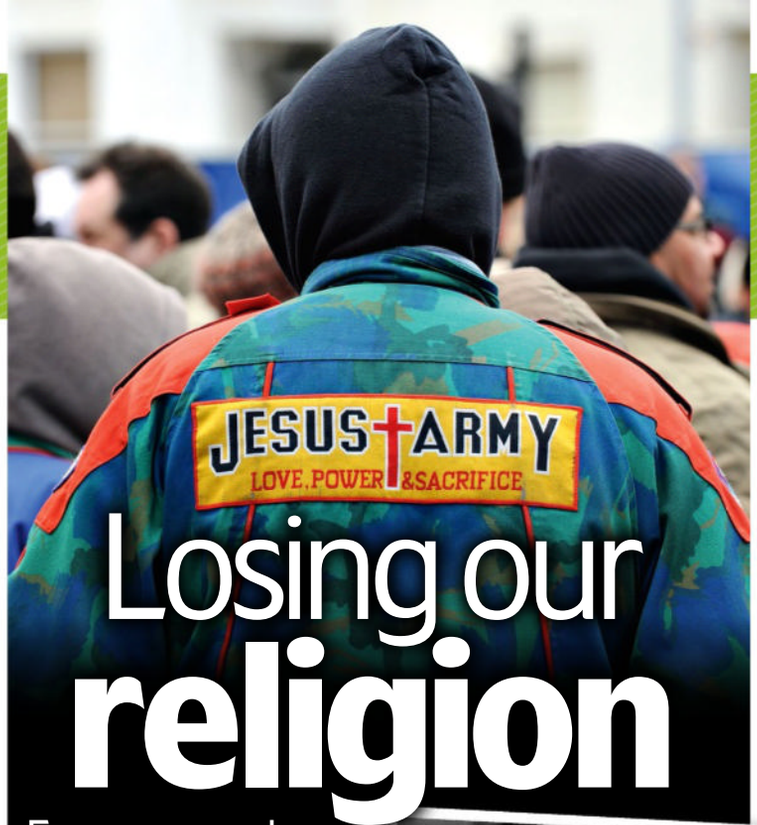
The Hollywood star (above) looks at strongholds as his series on sacred and holy relics continues. Some structures such as walls and fortresses are designed to protect important people from outside threats. However, as Quaid discovers, others have been built for far more sinister purposes.



Kamikaze: An Untold History

Monday, 9pm, BBC4

Towards the end of World War Two, Japan's air-force pilots flew suicide missions in planes laden with bombs, resulting in the deaths of around 4,000 Japanese airmen and 7,000 Allied personnel. Using archive interviews with veterans, this film explores how the terrifying tactic sank dozens of warships.



Losing our religion

Former members of the Jesus Army reveal the church's secret abuse

The late Noel Stanton

NEW FACTUAL

Inside the Cult of the Jesus Army

Sunday, 9pm, BBC2 (box set, BBC iPlayer)

When evangelical pastor Noel Stanton welcomed a small group of idealistic Christians to a new community in Northamptonshire in 1973, he sold them a vision of a harmonious life worshipping God.

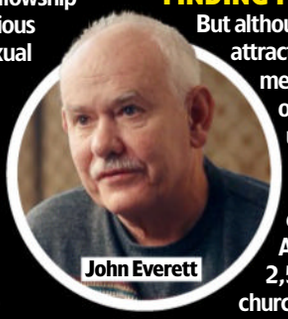
However, in the years that followed, the Jesus Fellowship Church became notorious for its physical and sexual abuse of vulnerable adults and children.

ORIGINS

Featuring testimony from former group members, this two-part documentary traces the story of the church, including the launch of its Jesus Army outreach mission in the late 1980s, when members in camouflage jackets would travel the UK in brightly coloured minibuses in a bid to convert new members to the church.

'When I first met Noel, he claimed he was a prophet speaking God's will,' recalls John Everett, a former member of the Jesus Army. 'I had no idea there was something extremely manipulative about it. From then on, it wasn't just a case of going to church, but belonging to church.'

Stanton ruled the Jesus Army with a rod of iron and had countless rules for his followers, including the prohibition of television, radio and music, while he also ordered harsh punishments – or 'roddings' – to children as young as two.


John Everett

FINDING THE TRUTH

But although his church attracted criticism, Stanton's message of moral purity only intensified, as he urged his followers to take vows of celibacy.

At its peak in the early 2000s, the Jesus Army had around 2,500 members, but the church slowly collapsed following Stanton's death in 2009 – leading to a series of revelations about physical and sexual abuse being carried out behind closed doors. Since then, several members of the church have been convicted of their crimes.

'Spirituality and faith were used to control people,' says Gillie Jenkinson, who runs a support group for former members. 'It's not about debunking personal faith, but debunking the cult. We all need to understand what we've been through.'

Films Our pick of this

MOVIE OF THE WEEK

How to train your DRAGON

Mason Thames learns to love the big beasties in this wonderful live-action remake

FANTASY ADVENTURE

From Tuesday, to buy or rent from digital stores including Prime Video and Sky Store ★★★★

DreamWorks is copying the Disney playbook with this live-action remake – the studio's first – of its enchanting animated fantasy adventure based on the book by Cressida Cowell about an island where Vikings and dragons are at permanent war. As you might expect, director Dean DeBlois (co-director of the original 2010 animated film) cleaves closely to the original movie's story beats as misfit youngster Hiccup (Mason Thames) becomes the unlikely hero of the island of Berk – much to the surprise of his despairing father, Stoick, the clan's chief (Gerard Butler, successfully repeating his animated role) – after he secretly befriends a dragon (which he names Toothless) and learns ways of disarming dragons that don't involve endless belligerent bashing. Thames is a good fit for the skinny hero, who more than makes up in brains and empathy what he lacks in brawn, while Nico Parker shines, too, as young warrior-in-the-making Astrid (Hiccup's crush), as does Nick Frost as their gruff trainer. The new film doesn't soar quite as high as its predecessor, but it has enough humour, heart and eye-popping dragon-flying action to make this a highly entertaining family film. 2025, PG, 125MIN

WORDS: JASON BEST; LIZ MILLROY; NIGEL PIZEY; PICTURES: ALAMY

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner ›››

week's Best Movies

WORLD CINEMA

Broker

Thursday, 11.35pm, Film4 ★★★★

Centred on the church-run baby boxes that allow parents in South Korea to safely abandon offspring they are unable to care for, this road movie-cum-crime yarn film finds benevolent infant sellers Song Kang-ho (the star of *Parasite*) and Gang Dong-won teaming up with their latest acquisition's birth mother (Lee Ji-eun, a Korean pop star known under the moniker IU) to find new parents for her child. For his first Korean-language movie, Japanese director Hirokazu Kore-eda – maker of the magnificent *Shoplifters* – brings together a rich collection of characters. They are all drawn with compassion – from the roguish charm of Song to Lee's sadness and spikiness – in a warm-hearted story that you don't so much follow as fall in love with. Subtitled. 2022, 12, 129MIN

Family day out: Song and co

Tech bros: Rami and Laurence

THRILLER

The Amateur

Available now, Disney+ ★★★★

When his wife is killed by four terrorists, IT specialist for the CIA Rami Malek is determined to go out into the field and take them down himself. Unlike your Jason Bournes and James Bonds, though, this secret agent can't fight or shoot to save his life, and must rely on his considerable smarts to track down the killers all over Europe. Although introverted and out of his depth in multiple ways, his cunning, methodical approach comes to the fore – even if it occasionally stretches credulity. Malek is terrific in this, essentially another spin on his *Mr Robot* character, while Laurence Fishburne also does a fine turn as the man set to mentor him, as does Rachel Brosnahan as his wife. *The Amateur* may not have the whiz-bang of the *Bourne* movies, but its cool, calculated manner suits the story perfectly and makes for an engrossing watch. 2025, 15, 122MIN

DRAMA

The Lesson

Available now, Netflix ★★★

Oscar Wilde's attributed quote that 'talent borrows, genius steals' is playfully reconsidered in this contemporary country-house melodrama from screenwriter Alex MacKeith and British director Alice Troughton. Self-consciously divided into three acts, plus epilogue and prologue, *The Lesson* follows an aspiring writer (Daryl McCormack) who accepts a live-in tutorial position at the rural mansion of novelist (Richard E Grant) and his enigmatic wife (Julie Delpy). The result is enjoyably acted and skilfully shot, yet becomes less convincing as it embraces thriller conventions. **From 25 July.** 2023, 15, 103MIN

Sweet little mystery: Richard

Solidarity: Charles and Cate lead the way

BLACK COMEDY

Rumours

Saturday, 1.15pm & 10.15pm, Sky Premiere ★★★

A genuinely surreal experience, this smart, wild satire sees the leaders of the free world congregate for their G7 summit, only to be stuck in the middle of a German forest during an unspecified apocalypse. There's Cate Blanchett's forthright German chancellor, as well as Charles Dance's British accented US president and man-bunned Canadian PM Roy Dupuis. Only able to communicate in politic-speak their collective impotency is on full display, not helped by the rise of the undead and a brain the size of a hatchback... Yes, this is a movie that's one of kind. 2024, 15, 104MIN

Films

ACTION ADVENTURE

Karate Kid: Legends

Available now to buy or rent from digital stores including Prime Video and Sky Store ★★★

Skilled kung-fu fighter Ben Wang is mentored by kindly Jackie Chan in China – but then his doctor mum (Ming-Na Wen) gets a job in New York and the teenager has to deal with that familiar round of new country, new school and – of course – new bullies, in this case equally skilled martial-arts student Aramis Knight. But there's a catch: his mum doesn't want him fighting any more, due to a tragedy involving his brother.

Having cooked up a hearty stew of ideas, director Jonathan Entwistle then brings them to the boil, with Chan arriving in the Big Apple to persuade mum to let the lad fight again. And, with the lucrative 5 Boroughs martial-arts tournament coming up, of which Knight is the reigning champ, there's no time to lose, so Chan nips off to bring back original 1980s Karate Kid Ralph Macchio to help hone a new champion.

It's a breathless, overstuffed film, but it's also really enjoyable. Wang is appealing and has an easy chemistry with love interest Sadie Stanley, while Chan and Macchio sparkle together. The fight and training scenes are also handled with aplomb and the humour is well placed, too. 2025, 12, 94MIN

A new sun rises: Jackie, Ben and Ralph

Hidden gems Great movies you might have missed...

DRAMA

Hope Gap

MGM+ ★★★★

After 29 years of marriage, Bill Nighy's diffident history teacher drops a bombshell. He's leaving home. The explosion, however, comes from his poetry-editor wife, played with waspish wit and fury by Annette Bening. She won't give up on their marriage without a struggle. Can their grown-up son Josh O'Connor survive the fallout? Writer-director William Nicholson's bittersweet tale boasts stinging one-liners and bruising emotional honesty. 2019, 12, 100MIN

CRIME COMEDY

Life of Crime

Curzon ★★★★

In this darkly comic, perpetually entertaining crime caper based on *Get Shorty* author Elmore Leonard's novel *The Switch*, Jennifer Aniston's socialite wife gets kidnapped by a pair of crooks (John Hawkes and Mos Def) who are aiming to extort $1million from her crooked businessman husband (Tim Robbins). But twists lie in store, as Robbins wants to get rid of Aniston anyway – to be with mistress Isla Fisher – and spots a chance to dispense with alimony... 2013, 15, 94MIN

COMEDY DRAMA

Sweetheart

Netflix ★★★★

Nell Barlow is an awkward, smart 17-year-old struggling with her sexuality (even though she's officially out) and forced to take a holiday with her upbeat family to a coastal holiday park. But then she spots lifeguard Ella-Rae Smith... A superb British comedy drama, there are touches of *Lady Bird* when AJ and her mum go at it, while writer-director Marley Morrison also taps into teen frustration with incredible humour and perception. 2021, 15, 103MIN

Saturday 26 July

SUPERHERO

Avengers: Infinity War

8pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

The fate of the universe is at stake – of course – in this third outing, with intergalactic villain Thanos (Josh Brolin) busy collecting six Infinity Stones of unimaginable power. So our superheroes, including Robert Downey Jr's Iron Man, Chadwick Boseman's Black Panther, Scarlett Johansson's Black Widow, Chris Hemsworth's Thor, Benedict Cumberbatch's Doctor Strange, Chris Evans' Captain America, plus the Wakanda warriors and the *Guardians of the Galaxy* crew, go in mob-handed to thwart his evil plans. With so many characters and story arcs to accommodate, it's a bit patchy, but there are plenty of zinging wisecracks to enjoy amid the mayhem. 2018, 12, 149MIN

Line up: Chadwick, Chris and Scarlett

FAMILY

Lyle, Lyle Crocodile

2pm, BBC1 (1.30pm Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

You'll be charmed by this tale about Constance Wu and Scoot McNairy's new home in New York that comes complete with a house guest – a singing crocodile with the voice of Shawn Mendes, an opportunistic manager (Javier Bardem) and a severe case of performance anxiety. There's a *Paddington* vibe here, maybe because author Bernard Waber's Lyle and Michael Bond's beloved bear are of a similar vintage, while snappy songs from the Oscar-winning composers of *La La Land* scale up the feel-good appeal. 2022, PG, 106MIN

BIOPIC

I Wanna Dance with Somebody

9pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Naomi Ackie is spellbinding as tragic diva Whitney Houston in director Kasi Lemmons' respectful biopic, which follows the star's journey from gospel-loving teen to 'the greatest voice of a generation', as Stanley Tucci's record executive dubs her. What goes up sadly comes down, from a rocky marriage to singer Bobby Brown (Ashton Sanders) to devastating drug dependency. These struggles are explored, but the film swerves an all-too-easy seedy last act to end on the right kind of high. 2022, 12, 144MIN

THRILLER

Captain Phillips

10.35pm, BBC1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Paul Greengrass ramps up the edge-of-seat tension in this shattering true-story based thriller about the hijacking of the American container ship *Maersk Alabama* by a group of Somali pirates in 2009. At the story's heart are two men from very different worlds, the ship's veteran captain, Richard Phillips (outstandingly played by Tom Hanks), and Muse (Oscar-nominated Barkhad Abdi), the desperate young Somali leading the four-man pirate crew, whose battle of wits unfolds with almost unbearable suspense. 2013, 12, 134MIN

FANTASY

Pan's Labyrinth

1.10am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

It's Spain 1944 and, as her mum lies ill and her brutal stepdad (Sergi López) fights in the Civil War, young Ivana Baquero (in an astonishingly accomplished performance) finds a weird labyrinth where a faun (Doug Jones) compels her to perform three perilous tasks. An exceptional fantasy film, director Guillermo del Toro's masterpiece is a gruesome fairy tale, a heartbreaking coming-of-age story and a cautionary allegory about the evils of fascism. Subtitled. 2006, 15, 120MIN

■ Full listings start on p35

Sunday 27 July

SURVIVAL DRAMA

Thirteen Lives

10pm, BBC2 (11pm Northern Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

This survival drama re-creates the extraordinary 2018 true story of 12 boys and their football coach from Thailand who became trapped deep inside a flooded cave for almost three weeks, while thousands of people gathered to help. Director Ron Howard skilfully wrings every ounce of tension from the situation as experienced British cave divers John Volanthen (Colin Farrell) and Rick Stanton (Viggo Mortensen) – with Harry Harris (Joel Edgerton), Chris Jewell (Tom Bateman), Jason Mallinson (Paul Gleeson) and Thira Chutikal's Royal Thai Navy SEALs – hatch a daring rescue plan against nigh-impossible odds. It's a nerve-shredding experience. 2022, 15, 132MIN

Deep dive: Colin, Paul and Thira

COMEDY

What's Up, Doc?

1.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Peter Bogdanovich's tribute to 1930s screwball comedies stars Barbra Streisand and Ryan O'Neal. He's a mild-mannered musicologist who hopes to win a $20,000 prize, she's a genius free spirit, and the wacky antics kick off when a bunch of suitcases – containing the likes of secret government plans, jewels and O'Neal's collection of rocks – get mixed up. Bogdanovich pulls out all the stops with the slapstick, the highlights being an extended gag involving a huge pane of glass and a formal dinner engagement reduced to chaos, with hilarious results. 1972, U, 94MIN

ANIMATION

Rio

2.50pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This colourful and exuberant animated comedy takes its cue from the sights, sounds and spirit of Rio de Janeiro at carnival time. The entertaining story revolves around timid and pampered domesticated macaw Blu (perfectly voiced by Jesse Eisenberg), who can't even fly. Then he's taken out of his comfort zone on a trip to Brazil to mate with his species' last female, the feisty Jewel (Anne Hathaway), only for the pair to fall into the clutches of bird smugglers. There are thrills, spills and gags galore as they attempt to regain their freedom. 2011, U, 96MIN

ANIMATION

The Bad Guys

4.45pm, ITV2 ★★★

Sex ●●● Violence ●●● Language ●●●

This smartly paced animation looks to inject some family-friendly hilarity into heist movies. Sam Rockwell voices wisecracking pickpocket Mr Wolf who, with his outlaw crew of criminal creatures, embarks on a grand caper that risks their tough reputation. Though the film lacks emotional impact and world-building ingenuity, it maintains a smart pace as the animals' plans become a 'go good or go directly to jail' challenge, while the stylised animation, kid-kindness themes, crafty heists and gags will keep most people more than happy. 2022, PG, 100MIN

MUSICAL

Holiday Inn

4am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

This famous Irving Berlin musical is as 'merry and bright' as it ever was. The score includes *Easter Parade*, *Be Careful, It's My Heart* and, of course, Bing Crosby and Marjorie Reynolds duetting on *White Christmas* (although Reynolds' singing voice was dubbed by Martha Mears). There's not much of a plot as we visit the inn of the title at various seasonal breaks throughout the year, but with Crosby singing and Astaire dancing, there's not much else we need. 1942, U, 101MIN

■ Full listings start on p45

Weekday movies over page

Monday 28 July

BIOPIC

Better Man

Available now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

Who could possibly play singer Robbie Williams in a film of his life story? The answer turns out to be a CGI chimp. The idea may be stratospherically silly, but it works a treat as the narrative traces a familiar musical biopic arc. A stunning motion-capture performance by Jonno Davies captures Williams' spirit remarkably well (Williams himself sings and narrates), while director Michael Gracey's extravagant staging of hits such as *Rock DJ*, *Angels* and *Let Me Entertain You* is truly exhilarating. 2024, 15, 135MIN

Double take: Robbie in disguise

COMEDY

Don't Tell Mom the Babysitter's Dead

8.55am & 11.35pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

This fizzed up and much improved remake of the 1991 film is smart and witty, focusing on an African-American family. This time, it's 17-year-old Simone Joy Jones who has to go out to work (fake ID and CV sorted thanks to her whiz-kid younger sister Ayaamii Sledge) to support her siblings after their racist sitter (June Squibb) pops her clogs while mum is away. 2024, 15, 95MIN

ANIMATION

The Adventures of Tintin

5.35pm, Sky Animation ★★★★★

Sex ●●● Violence ●●● Language ●●●

Steven Spielberg launches the intrepid cub reporter and plucky dog Snowy on a spectacular motion-capture adventure that stays faithful to Hergé's original comic-books. Jamie Bell is the hero and is backed by a great cast that includes Andy Serkis, Simon Pegg, Nick Frost and Daniel Craig. The globetrotting story features breathtaking chases, lots of laughs and derring-do. 2011, PG, 107MIN

SUPERHERO

Man of Steel

5.30pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Henry Cavill cuts a brooding figure for much of this reboot of the *Superman* story. The actor looks at ease in the role, however, whether as outcast Clark Kent keeping his powers under wraps in the story's early stages or as the superhero who steps in when renegade alien General Zod (Michael Shannon) turns up to threaten Earth. It's a surprisingly sombre outing, but when Superman takes to the skies, the movie truly soars. 2013, 12, 143MIN

WAR DRAMA

The Wall

1.15am, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

In the days just after the Iraq War, two US soldiers (John Cena and Aaron Taylor-Johnson) are pinned down behind a crumbling wall by a terrifying sniper. Severely injured with no radio, time is running out for Cena and Taylor-Johnson... Intense and intriguing, this is a fine lesson in how far good acting, a tight script and muscular directing can get you. 2017, 15, 87MIN

■ Full listings start on p55

Tuesday 29 July

FANTASY COMEDY

Everything Everywhere All at Once

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Anything and everything goes in this glorious fable about what-ifs. At its core is a stellar turn from Oscar-winning Michelle Yeoh as Chinese-American Evelyn, who runs a launderette with her caring, put-upon husband Waymond (Ke Huy Quan). But a fraught visit to the tax office sets off a series of wild events in which Evelyn must connect with other parts of herself from a multitude of multiverses in order to save existence itself. Outlandish, often hysterical and, most importantly, big-hearted, this is a joy. 2022, 15, 139MIN

Taking a stand: Michelle

ANIMATION

Smallfoot

4pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

Turning the legend of the Abominable Snowman upside down, this animated romp imagines a Himalayan village of huge Yetis for whom the existence of humans remains a legend. So, no one believes exuberant young Migo (voiced by Channing Tatum) who claims to have encountered a fabled Smallfoot. The animation is fairly insipid, and so are the songs, but there's plenty of frenetic slapstick to keep little ones happy. 2018, U, 96MIN

CLASSIC DRAMA

All the President's Men

12m't, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The trail that leads from the bungled 1972 burglary of the Watergate building back to the White House and US President Richard Nixon is uncovered by dogged reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman). Taut direction by Alan J Pakula, a superb script by William Goldman and top-flight acting make this gripping drama one of the best movies of the 1970s. 1976, 15, 138MIN

DRAMA

Midnight Express

11.55pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

A harrowing true-story drama about Billy Hayes (Brad Davis), an American tourist imprisoned in a Turkish jail after being caught smuggling drugs. Davis is superb and the scenes of prison brutality are still shocking. Oliver Stone's screenplay and Giorgio Moroder's score won Oscars, while director Alan Parker and John Hurt, in a memorable performance as a burnt-out hippie junkie prisoner, were nominated. 1978, 18, 120MIN

COMEDY

The Angels' Share

2.05am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

The usually dour director Ken Loach is in unaccustomed high spirits for this jolly, warm-hearted caper set in Glasgow. A young offender (Paul Brannigan) is introduced to whisky thanks to his community supervisor (John Henshaw) and hatches a loopy get-rich-quick scheme taking in William Ruane, Jasmin Riggins, Gary Maitland and a cask of prized single malt. 2012, 15, 101MIN

■ Full listings start on p65

Wednesday

SUPERHERO

Spider-Man: Far From Home

10.40pm, BBC1 (11.10pm Wales, 11.30pm NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Holland's second solo *Spider-Man* film is a dizzy blend of comedy, romance and adventure. Holland's Peter Parker is on a school trip to Europe, hoping to get a chance to woo Zendaya's

Web alert: Samuel, Tom and Jake

SUPERHERO

Ghost Rider

4pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

As a teen, motorbike stunt rider Johnny Blaze sells his soul to the Devil (Peter Fonda) to save his dad's life. Years later, adult Johnny (Nicolas Cage) blazes on his bike again when his girl (Eva Mendes) comes back into his life – but so does the Devil, who has come for his due, turning Johnny into a Satanic bounty hunter with orders to vanquish his own evil son (Wes Bentley). The fiery effects work a treat in this entertaining yarn. 2006, 12, 110MIN

ANIMATION

Migration

5.40pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

A bright and breezy cartoon in which fearful mallard duck father (voiced by Kumail Nanjiana) is forced by his more adventurous wife (Elizabeth Banks) into migrating with their ducklings and eccentric uncle (Danny DeVito) from their safe US pond to sunny Jamaica. It's the kind of movie kids will lap up, but has enough for adults to enjoy, too, helped by a plethora of star vocals, including Keegan-Michael Key, Awkwafina and David Mitchell. 2023, U, 91MIN

30 July

MJ. Instead, he has to don his Spidey suit (thoughtfully packed by Marisa Tomei's Aunt May) to help the enigmatic Mysterio (Jake Gyllenhaal) defeat a series of elemental monsters, before a big twist and a showdown on London's Tower Bridge. Holland's *Homecoming* is on BBC1 on Sun and *No Way Home* on Thu. 2019, 12, 129MIN

THRILLER

Inferno

8pm, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Concussed and amnesiac, Tom Hanks' Harvard professor Robert Langdon wakes up in Florence in the third of his Dan Brown adventures. This time, Dante's *Divine Comedy* provides the devilishly cryptic clues he must unravel to stop a global plague. It's far-fetched, of course, but entertaining and stylishly made. Hanks looks comfortable, while Felicity Jones, Sidse Babett Knudsen and Irrfan Khan provide some classy support. 2016, 12, 121MIN

ROMCOM

You've Got Mail

8pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

After the success of *Sleepless in Seattle*, Tom Hanks, Meg Ryan and writer-director Nora Ephron reunite for this fluffy remake of 1940's *The Shop Around the Corner*. Hanks and Ryan play rival booksellers – he is the heir to a chain-store fortune, she runs a local children's shop - who are unwittingly carrying on an email romance. 1998, PG, 114MIN

■ Full listings start on p75

Thursday 31 July

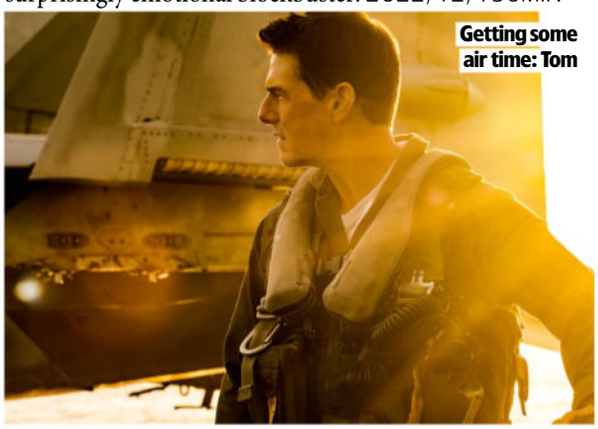
ACTION

Top Gun: Maverick

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise returns as US naval aviator Pete 'Maverick' Mitchell. A cocky recruit back in 1986's *Top Gun*, he must now train a new batch of chalk-and-cheese types (including Miles Teller and Glen Powell) for a perilous mission. There was never any doubt the aerial dogfight sequences would be gasp-inducing, but whether the film would get it right on the ground too was more up in the air. But Cruise is the best of the best when it comes to thrills and this is an expertly crafted, surprisingly emotional blockbuster. 2022, 12, 130MIN



Getting some air time: Tom

SUPERHERO

Venom: The Last Dance

8pm, Sky Anti Heroes ★★★

Sex ●●● Violence ●●● Language ●●●

In this trilogy-closer, Eddie Brock (Tom Hardy) and alter-ego Venom are in danger from Knull, the god of symbiotes who's intent on escaping prison on a far-flung planet to kill all symbiotes – and the human race. But he needs Venom... The ins and outs of all this is enough to make you want to bite off your own head, but there is much pleasure in the heroes' affectionate and funny bickering. 2024, 15, 109MIN

WAR DRAMA

Schindler's List

8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Poland during World War Two, businessman Oskar Schindler (Liam Neeson) uses the cheapest Jewish slave labour in his factory. However, his attitude gradually changes and, using his talent for bribing Nazi officialdom, saves more than 1,000 of his workforce. Director Steven Spielberg's extraordinary testament and memorial to the Holocaust is a towering achievement that won seven Oscars, including Best Picture. 1993, 15, 195MIN

DRAMA

Master Gardener

9pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Horticulturist Narvel (Joel Edgerton) leads a quiet, stoic life working for Sigourney Weaver's privileged white southerner Mrs Haverhill. Then her troubled grand-niece, Maya (Quintessa Swindell), arrives from New York and, to the ire of his boss, romance sprouts between Narvel (who hides a violent white supremacist past) and Maya. Writer-director Paul Schrader's austere drama is blooming good and the stars are electric. 2022, 15, 111MIN

THRILLER

Skyfall

10.45pm, ITV1 (not UTV) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Craig's third 007 film is hard to fault. A chase through Istanbul ends with M (Judi Dench) ordering his elimination. But she's the one at risk, since cyber terrorist Javier Bardem has the means to identity MI6 agents and her new boss (Ralph Fiennes) wants her retired. Add the super action scenes and this is thrilling stuff. Also on Sat. 2012, 12, 143MIN

■ Full listings start on p85

Friday 1 August

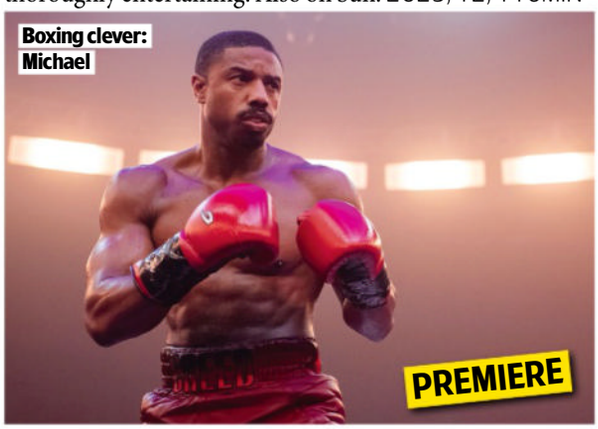
DRAMA

Creed III

10.45pm-1.00am, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael B Jordan makes his directorial debut in this third outing, in which his Adonis Creed is nearing the end of his career, now the undisputed heavyweight champ and living in luxury with wife Bianca (Tessa Thompson) and daughter Amara (Mila Davis-Kent). But as he prepares to step back, a figure from his past (Jonathan Majors) means that retirement might not be quite so imminent… Jordan proves himself an assured, shrewd hand behind the camera, making this thoroughly entertaining. Also on Sun. 2023, 12, 116MIN



Boxing clever: Michael

CLASSIC THRILLER

Notorious

4.50pm, Talking Pictures ★★★★★

Sex ●●● Violence ●●● Language ●●●

Cary Grant enjoys one of his most complex, ambiguous roles as a US agent who falls for wartime traitor's daughter Ingrid Bergman after manipulating her into an assignment that involves marrying Nazi exile Claude Rains. The sequence involving the key to the wine cellar (where secret uranium is stored) is one of Alfred Hitchcock's most celebrated set pieces. 1946, U, 101MIN

ROMCOM

When Harry Met Sally...

11.20pm, BBC1 (12.25am Wales, not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

At their most appealing, Billy Crystal and Meg Ryan are Harry and Sally, who don't get on at first but become best friends, maybe more, over the years. There is a perfect balance between comedy and romance in Nora Ephron's sparkling script, with spot-on observations about the battle of the sexes. Ryan's New York diner scene ('I'll have what she's having!') is a classic. 1989, 15, 95MIN

DRAMA

Stand by Me

12.05am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In 1959, four small-town 12-year-olds (River Phoenix, Wil Wheaton, Corey Feldman and Jerry O'Connell) head into the Oregon countryside to find the body of a missing teen. Director Rob Reiner turns Stephen King's story *The Body* into a magical coming-of-age movie that glows with nostalgia. The young stars, plus Kiefer Sutherland and John Cusack, do wonders – Phoenix is the stand-out – and there's a good golden oldie soundtrack. 1986, 15, 89MIN

CLASSIC CHILLER

The Haunting

12.05am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Nervous Julie Harris, sceptical Claire Bloom, scientific Richard Johnson and youthful Russ Tamblyn are the unfortunate foursome who decide to establish whether there really is a ghost in an old New England mansion. Adapted from Shirley Jackson's *The Haunting of Hill House*, director Robert Wise's influential chiller is one of the scariest movies ever made. 1963, 12, 107MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's TV

England were champions in 2022

THE MAIN EVENT

Alexia Putellas (Spain) and Delphine Cascarino (France)

Who will **lift the trophy** in Switzerland?

Euro 2025 Final

LIVE FOOTBALL

Sunday, kick-off 5pm, BBC1 & ITV1

Following a month of absorbing matches, the champions of Europe will be crowned on Sunday evening at the St Jakob-Park stadium in Basel, Switzerland.

Despite an opening defeat to France, England made it through the group stage as runners-up and Sarina Wiegman's team will have targeted a place in the glittering showpiece as the Lionesses seek to retain the title they won so memorably on home soil in 2022.

And with Spain living up to their billing as tournament favourites after winning all three of their group matches, scoring 14 goals in the process, the stage could be set for a repeat of the Women's World Cup final that saw Spain defeat England 1-0 in 2023.

SUPERSTARS

The Spanish side have never won the Euros, but their current squad is one of the most talented ever assembled, featuring midfielder Alexia Putellas, who scored three times in the group stage, and teenager Vicky López, the youngest woman ever to play for La Roja.

Most of the quarter-finals had yet to be played as we went to press, but Italy were the first team to claim a place in the last four, following a 2-1 victory over Norway, while Sweden and France were also in good form as they topped their respective groups.

But whoever makes the final, the match is expected to set a new record for TV viewers, beating the 50 million worldwide who watched the 2022 final.

'The Euros is such a special tournament,' says former Chelsea boss Emma Hayes, who is part of the ITV punditry team. 'I want to see players stepping up, but it's not just about individuals. The level of the game has gone up massively and I expect we'll see [the finalists] pushing each other in ways we maybe haven't seen before.'

SUMMER IN THE STATES

As the top-flight sides continue their pre-season friendlies, Sky Sports is showing live coverage of the Premier League

Manchester United's Matheus Cunha

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK

Wimbledon's Myles Hippolyte

France's Léon Marchand

IT'S KICKING OFF

No sooner has the Women's Euros ended than the new domestic season immediately gets under way when Luton Town host AFC Wimbledon at Kenilworth Road on Friday (k-o 8pm, Sky Sports Football & Sky Sports Main Event) in the opening fixture of the new League One campaign.

The Hatters have dropped into the third tier after back-to-back relegations, while Wimbledon will want to build on their promotion from League Two thanks to a Myles Hippolyte goal in the play-off final at Wembley against Walsall.

In a new EFL deal, Sky Sports' increased coverage will see every Championship, League One and League Two team featured live more than 20 times in the 2025/26 season.

Summer Series, which this year features Everton, Bournemouth, Manchester United and West Ham United.

The US-based tournament begins at the MetLife Stadium in New Jersey on Saturday as the Toffees take on the Cherries (k-o 9pm), followed by a United side boasting new signing Matheus Cunha against the Hammers (k-o 12m't). The second and third rounds of matches take place at Soldier Field, Chicago, and Mercedes-Benz Stadium in Atlanta.

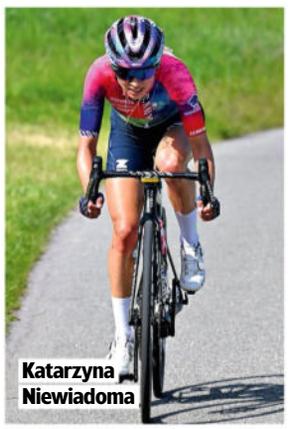
LIVE AQUATICS

Swimming World Championships

From Sunday, Aquatics GB website

All eyes will be on French superstar Léon Marchand as the swimming gets under way in Singapore this week. The 23-year-old will compete in all four individual events in which he won Olympic gold in Paris last summer – the men's 200 butterfly and 200m breaststroke, plus 200m and 400m individual medley events. Meanwhile, Canada's teenage sensation Summer McIntosh will be the headliner in the women's events, with the 18-year-old set to swim five individual races, having won three golds in Paris. Great Britain is represented by a strong squad, including the Olympic gold-medal-winning men's 4x200m relay team of James Guy, Matt Richards, Duncan Scott and Tom Dean, plus Freya Colbert, reigning world champion in the women's 400m individual medley, who narrowly missed out on a medal in Paris.

Team GB's Guy, Scott, Richards and Dean



Katarzyna Niewiadoma

LIVE CYCLING

Tour de France Femmes

From Saturday, TNT Sports 1

Starting with a hilly Grand Départ in Brittany, the fourth women's Tour sees Polish reigning champion Katarzyna Niewiadoma defend her title. This year the race has been extended to nine days, the longest yet, and concludes at the ski resort of Châtel in the Alps. On Sunday, the men's Tour de France has its traditional conclusion in Paris as the yellow-jersey winner is toasted with champagne before the final sprint finish along the Champs-Élysées (ITV4, S4C & TNT Sports 1).

England's Jofra Archer

LIVE CRICKET

England v India: Fifth Test

From Thursday, play starts 11am, Sky Sports Cricket & Sky Sports Main Event

The fourth Test concludes at Old Trafford over the weekend, before the sides reconvene at The Oval for the fifth and final meeting in what has been a classic series. After his long-awaited return to international red-ball cricket in England's third Test victory at Lord's, fast bowler Jofra Archer has indicated he will be fit enough to play, while spinner Liam Dawson has replaced the injured Shoaib Bashir in the squad. Also this week, the women's T20 Blast Finals Day is on Sunday, also at The Oval, with all-rounder Emma Jones helping Surrey become the first team to qualify.

Surrey's Emma Jones

Oscar Piastri and Lando Norris

LIVE MOTORSPORT

F1: Belgian Grand Prix

Sun, race starts 2pm, Sky Sports F1 & Sky Sports Main Event

Following a three-week break, Spa-Francorchamps stages the 13th Grand Prix of the season, with a sprint race on Saturday. After his victory at Silverstone, Lando Norris is just eight points behind his McLaren teammate Oscar Piastri in the standings. There's more motorsport on Saturday and Sunday when the Formula E season comes to an end with the last two races in London (TNT Sports 3 & ITVX).

More Sport and Sport A-Z »»

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Goodwood Festival

Field of Gold goes for glory in Sussex

LIVE HORSE RACING

From Tuesday, ITV1

One of the highlights of the summer racing calendar begins on Tuesday as Glorious Goodwood features five days of high-quality flat racing against a stunning backdrop of the Sussex Downs. The opening day's Goodwood Cup (3.05pm) will see Aidan O'Brien's Illinois among the favourites, while Wednesday's Sussex Stakes (3.05pm) includes superstar Field of Gold, Rosallion, The Lion in Winter and Henri Matisse. Jockey Colin Keane misses the chance to ride Field of Gold, who has won the Irish 2000 Guineas and St James's Palace Stakes this year, after receiving a ban for breaking whip rules.

Field of Gold

Lydia Ko of New Zealand

LIVE GOLF

Women's Open Championship

From Thursday, Sky Sports Golf

Lydia Ko tees off at Royal Porthcawl in Wales on Thursday as she begins the defence of her Women's Open title. Last year, the New Zealander took the title at St Andrews, just a few weeks after claiming Olympic gold in Paris. Home fans will be cheering on Welsh golfer Darcey Harry, while newly professional Lottie Woad of England – a former world amateur No 1 – is also in the field.

LIVE RUGBY UNION

Australia v British & Irish Lions: Second Test

Saturday, kick-off 11am, Sky Sports The Lions & Sky Sports Main Event

Following their match against an indigenous XV on Tuesday 22 July, the Lions stay in Melbourne for the second Test against the Wallabies, held at Melbourne Cricket Ground. Lions coach Andy Farrell's son Owen was drafted in following injury to Elliot Daly, while James O'Connor was a late recall for Australia after a three-year absence.

Owen Farrell

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

AUSTRALIAN RULES

LIVE Fremantle Dockers v West Coast Eagles
Sat 7am TNT Sports 1 (bounce-up 7.15am) The AFL match staged at Perth Stadium.

LIVE Richmond Tigers v Collingwood Magpies
Sat 5am TNT Sports 2 (bounce-up 5.10am) The AFL game at Melbourne Cricket Ground.

LIVE St Kilda Saints v Melbourne Demons
Sun 6am TNT Sports 1 (bounce-up 6.15am) The AFL match at Docklands Stadium.

LIVE Western Bulldogs v GWS Giants
Thu 10.15am TNT Sports 1 (bounce-up 10.30am) The AFL match at Docklands Stadium.

LIVE Adelaide Crows v Hawthorn Hawks
Fri 10.30am TNT Sports 1 (bounce-up 10.40am) The AFL match staged at Adelaide Oval.

LIVE Melbourne Demons v West Coast Eagles
Fri 4am TNT Sports 1 (bounce-up 4.20am) The AFL match at Docklands Stadium.

BASEBALL

LIVE New York Yankees v Philadelphia Phillies
Sat 6pm TNT Sports 4 (start-time 6.05pm) The MLB match held at Yankee Stadium.

LIVE Kansas City Royals v Cleveland Guardians
Sat 12m't TNT Sports 2 (start-time 12.15am) The MLB match from Kauffman Stadium.

LIVE Boston Red Sox v Los Angeles Dodgers
Sun 6.30pm TNT Sports 2 (start-time 6.35pm) The MLB game staged at Fenway Park.

LIVE San Francisco Giants v New York Mets
Sun 9pm TNT Sports 1 (start-time 9.05pm) The MLB fixture staged at Oracle Park.

LIVE MLB
Sun 12m't TNT Sports 3

LIVE Milwaukee Brewers v Chicago Cubs
Mon 12.30am TNT Sports 2 (start-time 12.40am) The MLB match at American Family Field.

LIVE New York Yankees v Tampa Bay Rays
Tue 12m't TNT Sports 1 (start-time 12.05am) MLB.

LIVE Detroit Tigers v Arizona Diamonbacks
Wed 6pm TNT Sports 1 (start-time 6.10pm) The MLB fixture staged at Comerica Park.

LIVE San Diego Padres v New York Mets
Wed 9pm TNT Sports 2 (start-time 9.10pm) The MLB match staged at Petco Park.

LIVE New York Yankees v Tampa Bay Rays
Thu 6pm TNT Sports 1 (start-time 6.05pm) MLB.

LIVE Cincinnati Reds v Atlanta Braves
Fri 5.30pm TNT Sports 1 (start-time 5.40pm) The MLB match at Great American Ball Park.

BASKETBALL

LIVE Connecticut Sun v Golden State Valkyries
Sun 6pm TNT Sports 4 (Tip-off 6pm) The WNBA match staged at Mohegan Sun Arena.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 6pm TNT Sports 2
The preliminary bouts staged at Etihad Arena in Abu Dhabi.

LIVE Robert Whittaker v Reinier de Ridder
Sat 8pm TNT Sports 2
The UFC middleweight bout staged at Etihad Arena in Abu Dhabi.

LIVE Regian Eersel v George Jarvis
Fri 2am Sky Sports+
The One Championship Lightweight Muay Thai title fight at Lumpinee Boxing Stadium in Bangkok.

CRICKET

LIVE England v India
Sat 10.15am Sky Sports Cricket & 2pm Sky Sports Main Event
Day four of the fourth Test staged at Old Trafford in Manchester.

LIVE Tri-Series Final
Sat 11.30am TNT Sports 3
The International T20 match at Harare Cricket Club in Zimbabwe.

LIVE West Indies v Australia
Sat 11.45pm TNT Sports 1
The fourth T20 in the series from Warner Park in St. Kitts and Nevis.

LIVE England v India
Sun 10.15am Sky Sports Cricket, 10.15am & 5pm Sky Sports Main Event
Day five of the fourth Test staged at Old Trafford in Manchester.

LIVE T20 Blast
Sun 12.15pm Sky Sports Mix
The women's eliminator match on finals day at The Oval, London.

LIVE T20 Blast
Sun 4.15pm Sky Sports Mix & Sun 7pm Sky Sports Cricket
The women's final at The Oval.

LIVE West Indies v Australia
Mon 11.45pm TNT Sports 1
The fifth and final T20 in the series at Warner Park in St. Kitts and Nevis.

LIVE Zimbabwe v New Zealand
Wed 8.30am TNT Sports 3
The opening day of the first Test in the two-match series staged at Queens Sports Club, Bulawayo.

LIVE Zimbabwe v New Zealand
Thu 8.30am TNT Sports 3
Day two of the first Test staged at Queens Sports Club, Bulawayo.

LIVE England v India
Thu 10am Sky Sports Main Event & Sky Sports Cricket
Day one of the fifth and final Test in the series at The Oval. See p29.

LIVE West Indies v Pakistan
Thu 12.45am TNT Sports 1
The first T20 in the three-match series from Central Broward Regional Park in Lauderhill, Florida.

LIVE England v India
Fri 10.15am Sky Sports Main Event & Sky Sports Cricket
Day two of the fifth Test. See p29.

Sport A-Z >>>

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Sport week A-Z GUIDE

CYCLING

LIVE Tour de France
Sat 10.45am TNT Sports 1, 1pm S4C & ITV4; Sun 2.30pm TNT Sports 1, 3pm ITV4 & 3.30pm S4C
Stages 20 and 21 of the race.

LIVE Tour de France Femmes
Sat 4pm, Sun 11.45am, Mon-Fri 2pm TNT Sports 1
Stages one to seven. See p29.

LIVE UEC Mountain Bike European Championship
Sun 1.15pm TNT Sports 3
The XCO Elite women's race staged in Melgaco, Portugal.

DARTS

LIVE World Matchplay
Sat & Sun 7.30pm Sky Sports Main Event & Sky Sports+
Days eight and nine of the event at Winter Gardens in Blackpool.

LIVE Women's World Matchplay
Sun 1pm Sky Sports+
The fourth staging of the tournament at Winter Gardens in Blackpool.

FOOTBALL

LIVE Feyenoord v Nice
Sat 9.55am Premier Sports 1 (kick-off 10am) The pre-season friendly at DAS.GOLDBERG Stadion.

LIVE Nice v FC St Pauli
Sat 1.55pm Premier Sports 1 (kick-off 2pm)
Friendly at Sportzentrum Anif.

LIVE Stoke City v Wolverhampton Wanderers
Sat 2.55pm Premier Sports 2 (kick-off 3pm)
The friendly at Bet365 Stadium.

LIVE FC Schalke 04 v Sevilla
Sat 3.55pm Premier Sports 1 (kick-off 4pm)
The friendly at Veltins-Arena.

LIVE FC Kaiserslautern v AS Roma
Sat 4.55pm Premier Sports 2 (kick-off 5pm)
The friendly at Fritz-Walter-Stadion.

LIVE Everton v Bournemouth
Sat 8pm Sky Sports Premier League (kick-off 9pm)
Premier League Summer Series game at MetLife Stadium. See p28.

LIVE Manchester United v West Ham United
Sat 11pm Sky Sports Main Event & Sky Sports Premier League (kick-off 12m't)
Premier League Summer Series match at MetLife Stadium. See p28.

LIVE St. Mirren v Ayr United
Sun 2.45pm Premier Sports 1 (kick-off 3pm)
The Scottish League Cup Group D match from The SMISA Stadium.

LIVE Women's Euro 2025
Sun 4pm BBC1 & ITV1 (kick-off 5pm)
The final staged at St Jakob-Park in Basel, Switzerland. See p28.

LIVE Barnet v Newport County
Tue 7.20pm Sky Sports+ (kick-off 7.30pm)
The EFL Cup southern section preliminary round match.

LIVE VfL Wolfsburg v Espanyol
Wed 5.55pm Premier Sports 1 (kick-off 6pm)
Friendly at AOK Stadion in Wolfsburg.

LIVE Wolverhampton Wanderers v Lens
Wed 7.25pm Premier Sports 2 (kick-off 7.30pm)
The friendly match staged at Pallet-Track Bescot Stadium.

LIVE West Ham United v Everton
Wed 10.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 11.30pm)
Premier League Summer Series match at Soldier Field. See p28.

LIVE Manchester United v Bournemouth
Wed 1.30am Sky Sports Main Event & Sky Sports Premier League (kick-off 2.30am)
The Premier League Summer Series fixture staged at Soldier Field in Chicago. See p28.

LIVE Monaco v Torino
Thu 9.25am Premier Sports 1
The friendly at Stade Louis II.

LIVE Werder Bremen v TSG 1899 Hoffenheim
Fri 12.55pm Premier Sports 1
Friendly at Silberstadt Arena Schwaz.

LIVE Fortuna Sittard v Bayer Leverkusen
Fri 5.55pm Premier Sports 1 (kick-off 6pm)
The friendly match staged at Offermans Joosten Stadion.

LIVE Luton Town v AFC Wimbledon
Fri 7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The League One match staged at Kenilworth Road. See p28.

LIVE Arbroath v Ayr United
Fri 7.30pm BBC Scotland (kick-off 7.45pm)
The opening Championship match of the season at Gayfield Park.

LIVE Racing Louisville FC v Kansas City Current
Fri 1am TNT Sports 1 (kick-off 1am)
The NWSL match at Lynn Family Stadium in Louisville, Kentucky.

GAELIC GAMES

LIVE Kerry v Donegal
Sun 3pm BBC2 (N Ireland only) (throw-in 3.30pm) The All-Ireland Senior Football Championship final staged at Croke Park.

GENERAL SPORTS

LIVE Summer World University Games
Sun 7am & 9.30am TNT Sports 3
Day seven in Rhine-Ruhr, Germany.

GOLF

LIVE Women's Scottish Open
Sat 1pm Sky Sports Golf & Sky Sports+; Sun 12noon Sky Sports Golf
Days three and four staged at Dundonald Links in Irvine, Ayrshire.

LIVE Senior Open Championship
Sat 1.30pm & Sun 4pm Sky Sports Golf
Days three and four of the Major at Sunningdale Golf Club in Berkshire.

LIVE The 3M Open
Sat & Sun 7pm Sky Sports Golf
Days three and four staged at TPC Twin Cities in Blaine, Minnesota.

LIVE LIV Golf
Sat DAZN; Sun 1pm ITV4 & DAZN
Third round at JCB Golf and Country Club in Rocester, Staffordshire.

LIVE Women's Open Championship
Thu & Fri 12noon Sky Sports Golf
Days one and two of the Major staged at Royal Porthcawl. See p31.

LIVE The Wyndham Championship
Thu & Fri 7pm Sky Sports Golf
Days one and two of the tournament at Sedgefield Country Club in Greensboro, North Carolina.

HORSE RACING

LIVE Ascot and York
Sat 1.30pm ITV1

LIVE Glorious Goodwood
Tue-Fri 1pm ITV1
Days one to four. See p31.

LIVE Racing League
Thu 5.30pm ITV4
Second round in Wolverhampton.

MOTORCYCLING

LIVE Superbike World Championship
Sat 7.45am, 9.30am & 12noon, Sun 12.45pm TNT Sports 2
The eighth round of the season at Balaton Park Circuit in Hungary.

LIVE British Superbikes
Sat 10.30am & 3.15pm TNT Sports 2, 1pm TNT Sports 4; Sun 12noon TNT Sports 4, 12noon & 3pm TNT Sports 2
The fifth round of the season staged at Brands Hatch in Kent.

LIVE Vastervik v Lejonen
Tue 5.55pm Premier Sports 1 (start-time 6pm)
The Swedish Speedway match.

MOTORSPORT

LIVE Formula 3
Sat 8.10am Sky Sports F1
The Belgian Grand Prix sprint race.

LIVE Formula 1
Sat 10am Sky Sports F1
The Belgian Grand Prix sprint race at Circuit de Spa-Francorchamps.

LIVE Women's Circuit Racing World Championship
Sat 11.15am & Sun 11am TNT Sports 2
The fourth round of the season at Balaton Park Circuit in Hungary.

LIVE Formula 2
Sat 12.40pm Sky Sports F1
The Belgian Grand Prix sprint race at Circuit de Spa-Francorchamps.

LIVE Formula 1
Sat 2pm Sky Sports F1
Belgian Grand Prix qualifying from the Circuit de Spa-Francorchamps.

LIVE FIA Formula E
Sat & Sun 4pm TNT Sports 3
The London ePrix at Excel London.

LIVE Indycar
Sat 4.30pm Sky Sports Mix; Sat & Sun 8pm Sky Sports F1
The Grand Prix of Monterey at WeatherTech Raceway Laguna Seca.

LIVE Indy NXT
Sat 9.30pm & Sun 6pm Sky Sports F1
The Grand Prix of Monterey.

LIVE Formula 3
Sun 6am Sky Sports F1
The Belgian Grand Prix sprint race.

LIVE Formula 3
Sun 7.25am Sky Sports F1
Belgian Grand Prix feature race.

LIVE Formula 2
Sun 8.55am Sky Sports F1
Belgian Grand Prix feature race.

LIVE FIM JuniorGP Championship
Sun 9.45am TNT Sports 4
Races from Aragon in Spain.

LIVE Porsche Supercup
Sun 10.30am TNT Sports 1 & Sun 10.40am Sky Sports F1
The Belgian Grand Prix.

LIVE Formula 1
Sun 1.55pm Sky Sports Main Event & Sky Sports F1
The Belgian Grand Prix at the Circuit de Spa-Francorchamps. See p29.

LIVE NASCAR
Sun 6.30pm Premier Sports 1
The Brickyard 400 in Speedway.

LIVE World Rally Championship
Thu 6pm TNT Sports 2; Fri 6am, 8.15am, 9.45am, 12.30pm, 3pm & 4.30pm TNT Sports 3, 5.45am TNT Sports 4
The Rally Finland in Jyväskylä.

LIVE Formula 3
Fri 8.50am Sky Sports F1
Hungarian Grand Prix practice.

LIVE Formula 2
Fri 10am Sky Sports F1
Hungarian Grand Prix practice.

LIVE Formula 1
Fri 12noon & Fri 3.40pm Sky Sports F1
Hungarian Grand Prix first practices.

LIVE Formula 3
Fri 2pm Sky Sports F1
Hungarian Grand Prix qualifying.

LIVE Formula 2
Fri 2.55pm Sky Sports F1
Hungarian Grand Prix qualifying.

POOL

LIVE World Championship
Sat 11am & 5.30pm Sky Sports Mix
The final in Jeddah, Saudi Arabia.

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY LEAGUE

LIVE Sydney Roosters v Canterbury-Bankstown Bulldogs
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match at Allianz Stadium in Sydney.

LIVE North Queensland Cowboys v Canberra Raiders
Sat 8.15am Sky Sports Mix (kick-off 8.15am) The NRLW game from North Queensland Stadium.

LIVE Penrith Panthers v Wests Tigers
Sat 8.30am Sky Sports+ (kick-off 8.30am) The NRL match staged at Western Sydney Stadium.

LIVE South Sydney Rabbitohs v Cronulla-Sutherland Sharks
Sat 10.30am Sky Sports+ (kick-off 10.35am) The NRL game staged at Central Coast Stadium.

LIVE Parramatta Eels v Newcastle Knights
Sat 3am Sky Sports Mix (kick-off 3am) The NRLW match at Eric Tweedale Stadium in Sydney.

LIVE St George Illawarra Dragons v Brisbane Broncos
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW game.

LIVE Canterbury-Bankstown Bulldogs v Manly-Warringah Sea Eagles
Sun 7am Sky Sports Main Event & Sky Sports + (kick-off 7.05am) The NRL match.

LIVE Cronulla-Sutherland Sharks v Wests Tigers
Sun 9.15am Sky Sports Mix (kick-off 9.15am) The NRLW match at Sharks Stadium in Sydney.

LIVE Salford Red Devils v Hull Kingston Rovers
Thu 7.55pm Sky Sports Action (kick-off 8pm) Super League game at Salford Community Stadium.

LIVE Leigh Leopards v Warrington Wolves
Fri 7.30pm Sky Sports+ (kick-off 8pm) The Super League game from the 20th round of fixtures at Leigh Sports Village.

LIVE Gold Coast Titans v Canterbury-Bankstown Bulldogs
Fri 3.15am Sky Sports Mix (kick-off 3.15am) The NRLW game at McDonald Jones Stadium.

LIVE Wests Tigers v Sydney Roosters
Fri 5.15am Sky Sports Mix (kick-off 5.15am) The NRLW game from McDonald Jones Stadium.

RUGBY UNION

LIVE Australia v British & Irish Lions
Sat 9.30am Sky Sports Main Event & Sky Sports The Lions (kick-off 11am)
The second Test staged at Melbourne Cricket Ground. See p31.

SNOOKER

LIVE Shanghai Masters
Mon-Fri 7am & 12.30pm TNT Sports 2
Days one to five of the event at Luwan Gymnasium in Shanghai.

SWIMMING

LIVE World Aquatics Championships
Sun-Fri Aquatics GB website
From Singapore. See p29.

TENNIS

LIVE WTA & ATP Tours
Sat 1pm Sky Sports Tennis
An ongoing event on the Tours.

LIVE ATP Croatia Open
Sat 7pm Sky Sports Tennis
The final of the tournament staged at the International Tennis Center in Umag, Croatia.

LIVE Washington Open
Sat 9pm & Sun 7.30pm Sky Sports Tennis; Sat 2am & Sun 10pm Sky Sports Main Event
Days six and seven of joint ATP and WTA 500 event which is staged at William H.G. FitzGerald Tennis Center in Washington D.C.

LIVE Canadian Open
Sun 4pm & 12m't, Mon-Fri 4pm Sky Sports Tennis; Sun 5pm & 10pm, Mon & Wed 4pm, Tue 4pm & 9.30pm, Thu 5.30pm, Fri 5.30pm & 10.15pm Sky Sports+; Sun 12m't, Mon-Wed 4pm, Thu 7pm & Fri 10.30pm Sky Sports Main Event
Days one to six of the ATP 1000 event in Toronto and the WTA 1000 event staged in Montreal.

TRIATHLON

LIVE Supertri E World Triathlon Championship
Sat 7pm TNT Sports 1
Race one in Toronto, Canada.

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Saturday

26 July

Evening Planner

Rugby Union

Australia v British & Irish Lions: 2nd Test

Sky Sports Main Event & Sky Sports The Lions, kick-off 11am

All the action from the MCG in Melbourne.

Comedy Horror

Rumours

Sky Premiere, 1.15pm & 10.15pm

Seven of the world's leaders are caught up in a global post-apocalyptic crisis in this dark comedy starring Charles Dance.

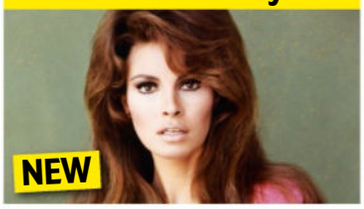
Music

Fleetwood Mac Night

Sky Arts, from 7.40pm

An evening dedicated to the rock band, including new documentary *The Thousand and One Musical Lives of Fleetwood Mac*.

Documentary



I Am Raquel Welch

Sky Documentaries, 9pm

Profile of the actress who redefined the idea of a sex symbol and paved the way for modern-day female action heroes.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.05 Michael McIntyre's The Wheel		8.00 Film: Avengers: Infinity War				10.15 News	10.35 Film: Captain...
	102 BBC2	7.00 Today at the Test		8.00 Whitney at the BBC		9.00 Film: I Wanna Dance with Somebody			
	103 ITV1	7.00 The Chase Celebrity Special		8.00 The 1% Club		9.00 Film: Skyfall			
	104 CHANNEL 4	◂ 6.30 Our Farm...	7.30 F1: Belgian Grand Prix Sprint And Qualifying Highlights			9.00 Film: Jack Reacher: Never Go Back			
	105 5	7.00 Secrets of the Royal Palaces		8.00 Fergie, Andrew & the Scandal of...		9.00 Princess Anne: A Quite Remarkable Royal			10.30 1968: Those...
	106 SKY SHOWCASE	◂ 5.30 F1: Belgian...	7.30 Ted's Notebook	8.00 An Idiot Abroad		9.00 Film: Ocean's Twelve			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
	116 BBC4	7.00 Agatha Christie: Lucy Worsley on the...		8.00 Miss Marple: A Pocketful of Rye			9.45 Film: Fallen Leaves		
	118 ITV2	◂ 6.25 Film: Godzilla: King of the Monsters				9.00 Love Island: Unseen Bits		10.05 Family Guy	
	136 MORE4	◂ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	◂ 6.50 House of the Dragon				9.00 The White Lotus		10.05 The Gilded Age	
	110 U&GOLD	7.00 Gavin & Stacey				9.00 Only Fools and Horses			10.20 Mrs Brown's Boys
	111 U&DAVE	7.00 Red Dwarf				9.00 The Office		10.10 Extras	
	119 ITV3	◂ 6.55 Midsomer Murders				9.00 Vera			
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Rocky III			9.10 Film: Rocky III	10.10 Film: Death Race	
	112 COMEDY CENTRAL		7.20 Film: Bean			9.00 Film: Men in Black 3			
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	7.00 The Walking Dead		8.00 An Idiot Abroad		9.00 A League of Their Own: The Rally		10.00 Strike Back: Vendetta	
	109 U&ALIBI	7.00 Father Brown				9.00 Death in Paradise		10.00 My Life Is Murder	
	130 SKY ARTS	7.10 Discovering	7.40 Classic Albums			9.00 The Thousand and One Musical Lives of...			10.15 Fleetwood Mac: Live in...
	132 U&W	7.00 Ambulance Australia				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	◂ 6.00 Gold Rush: White Water		8.00 Blowing Up History		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Cursed Treasures				9.00 Airport Security: USA			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	7.00 Gary				9.00 I Am Raquel Welch			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.20 Wicked		8.00 Kraven the Hunter				10.15 Rumours	
	302 2025 RECAP	◂ 6.00 Beetlejuice Beetlejuice		8.00 The Fall Guy				10.10 Trap	
	303 ANTI HEROES		7.15 The Godfather Part II						
	304 GREATS	◂ 6.20 Johnny Mnemonic		8.00 Blade Runner				10.00 The Exorcist	
	305 ANIMATION	◂ 5.40 Turbo	7.25 Rugrats Go Wild		8.50 Smurfs: The Lost Village				10.25 The Swan Princess
	306 SCHOOL'S OUT	◂ 5.40 Beethoven	7.25 Beethoven's 2nd			9.05 The Cat in the Hat			10.30 Home
	307 ACTION	◂ 5.05 Saving Private Ryan		8.00 Aquaman					10.25 Django Unchained
	308 COMEDY	◂ 6.10 Just Friends		8.00 About Last Night			9.50 The Holdovers		
	309 THRILLER	◂ 5.40 Jack Reacher		8.00 Jack Reacher: Never Go Back				10.10 Force of Nature: The Dry 2	
	310 DRAMA	◂ 6.15 Quartet		8.00 The Shawshank Redemption					10.25 Nobody's Fool
	311 SCI-FI	◂ 6.20 Zombieland		8.00 King Kong					
	313 FILM4	◂ 6.50 Fatherhood				9.00 Battleship			
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 World Matchplay Darts – Live: Coverage of the semi-finals in Blackpool						
	402 PREMIER LEAGUE	7.00 Newcastle...	7.30 Transfer 360	8.00 Premier League Summer Series – Live: Everton v Bournemouth (Kick-off 9.00)					
	403 FOOTBALL	7.00 EFL Highlights		8.00 EFL		9.00 EFL Cup Highlights		10.00 Best Goals...	10.30 EFL Trophy...
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket				10.00 Women's International One-Day...	
	410 TNT SPORTS 1	7.00 Supertri E World Triathlon Championship – Live: Coverage from the opening race of the season					9.30 Power of...	10.00 Superbike...	10.30 Playing for...
	411 TNT SPORTS 2	◂ 6.00 UFC – Live: The preliminary bouts		8.00 UFC – Live: Robert Whittaker v Reinier de Ridder					

◂ Denotes programmes starting before 7.00pm † Regions vary

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
12.00 NOON **Homes Under the Hammer** From Stoke. (S)(R)(AD)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 FILM PREMIERE **Lyle, Lyle, Crocodile** Musical comedy starring Javier Bardem. A family move into a New York City house, where a singing crocodile has been left to fend for himself. (S) (AD) (2022, PG, 100min) ★★★
3.40 **Deadly 60** Documentary. (S)(R)
4.10 FILM **Back to the Future** Time-travel comedy starring Michael J Fox. A teenager is sent back in time to 1955 and must ensure that his future parents fall in love. (S) (AD) (1985, PG, 110min) ★★★★★

6.20 The Hit List

6 PM

6.00 **BBC News** (S)
6.10 **Local News** (S)
6.20 **The Hit List** New edition 2/9. Marvin and Rochelle Humes present the quiz in which contestants from Hertfordshire, London and south Derbyshire take part. (S)

7 PM

7.05 **Michael McIntyre's The Wheel** The comedian hosts the game show, joined by Richard E Grant, Saffron Barker, David Haye and Anneka Rice. (S)(R)

8 PM

8.00 FILM PREMIERE **Avengers: Infinity War** Fantasy adventure sequel starring Robert Downey Jr, Chris Evans, Chris Hemsworth, Josh Brolin, Scarlett Johansson and Benedict Cumberbatch. An army of superheroes unite to stop an alien warlord from wiping out half the life in the universe. (S) (2018, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

10 PM

10.15 **BBC News** (S)
10.35 FILM **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. In 2009, a US container ship is sailing through the waters around the Horn of Africa when it comes under attack by Somali pirates. Unable to stop the attackers boarding the vessel but determined to protect his crew, the captain finds himself engaged in a battle of wits with the pirates' young leader. (S) (2013, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.35 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **Earth's Wildest Waters: The Big Fish** The final in Zambia. (S)(R)(AD)
11.00 **Bearwalker of the North Woods: Natural World** (S)(R)
12.00 NOON **Mary Berry's Simple Comforts** River Thames. (S)(R)(AD)
12.30 PM FILM **Designing Woman** Comedy starring Lauren Bacall and Gregory Peck. A sports writer marries a high-fashion designer. (S) (1957, U, 115min) ★★★
2.25 FILM **Spellbound** Hitchcock suspense thriller starring Gregory Peck and Ingrid Bergman. (S) (1945, b/w, PG, 110min) ★★★★★
4.15 **The Great British Sewing Bee** The sewers tackle activewear. (S)(R)
5.15 **Flog It!** The Royal Marines Museum in Southsea, Hampshire. (S)(R)

9.00 I Wanna Dance with Somebody

6.00 **Fake or Fortune?** Fiona Bruce and art expert Philip Mould investigate the story behind a picture of a summer garden painted in 1916 that might be a lost work by Winston Churchill. (S)(R)(AD)
7.00 **Today at the Test** England v India: Day four of the fourth Test at Old Trafford. The last time these two sides met here in a Test, England won by an innings and 54 runs. (S)
8.00 **Whitney at the BBC** A selection of songs performed by Whitney Houston on the BBC, including *Saving All My Love for You, Where Do Broken Hearts Go, How Will I Know* and *Your Love Is My Love*. (S)(R)
9.00 FILM PREMIERE **I Wanna Dance with Somebody** Biopic starring Naomi Ackie, Nafessa Williams and Stanley Tucci. In 1980s New Jersey, the young Whitney Houston is performing in a choir directed by her professsional soul-and-gospel singer mum. A carefully orchestrated first encounter with influential record producer Clive Davis sets Whitney on the path to stardom but fame eventually takes a deadly toll. (S) (2022, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Whitney Houston: Live in South Africa 1994** A concert by the singer at Kings Park Stadium in Durban. (S)
1.10 AM FILM **Pan's Labyrinth** Spanish horror starring Ivana Baquero and Sergi López. A young girl encounters a strange fantasy world and real-life horror. Subtitled. (2006, 15, 110min) ★★★★★
3.00 **to 6.55** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Ainsley's Food We Love** (S)(R)
6.25 FILM **Mrs Doubtfire** Comedy. (S) (AD) (1993, PG, 120min) ★★★★
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning**
11.40 **John and Lisa's Weekend Kitchen** New edition (S)
12.40 PM **Tom Kerridge Cooks Spain** (R)
1.15 **ITV News** (S)
1.30 LIVE **Racing** Coverage of a meeting headlined by the King George VI and Queen Elizabeth Stakes from Ascot. (S)
4.30 **Tipping Point: Lucky Stars** With Sara Pascoe and Joe Marler. (S)(R)
5.35 **Shark! Celebrity Infested Waters** Ade Adepitan struggles to master his diving equipment during a training exercise. (S)(R)(AD)

9.00 Skyfall

6.30 **ITV News** (S)
6.45 **Local News** (S)
7.00 **The Chase Celebrity Special** Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel answer general knowledge questions and work as a team to take on a Chaser and secure a charity prize. (S)(R)(AD)
8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)
9.00 FILM **Skyfall** James Bond espionage thriller starring Daniel Craig. Accidentally shot by a fellow agent, 007 is missing presumed dead but when M and MI6 come under attack, James Bond reappears. His boss is soon questioning whether her ageing and disillusioned top agent is still fit for purpose, especially when Bond's globe-trotting mission leads him to criminal mastermind Silva, who has a personal vendetta against M. (S)(AD) (2012, 12, 165min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **ITV News** (S)
12.00 M'T **Suspicion** New episode 6/8. Vanessa shares a secret, and the suspects prepare to flee. (S1) (S)
1.00 AM **Teleshopping**
3.00 **Shark! Celebrity Infested Waters**
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.00 AM **Cheers** 4-7/26. (S4) (S)(R)
7.50 **Everybody Loves Raymond** 12&13/22. (S1) (S)(R)(AD)
8.50 **Frasier** 5-8/24. (S7) (S)(R)(AD)
10.50 **The Simpsons** (S)(R)(AD)
12.50 PM **Come Dine with Me: The Professionals** Three restaurants in Oxfordshire battle it out. (S)(R)
1.50 **A Place in the Sun** (S)(R)
2.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Bristol. (S)(R)
3.55 **Kirstie and Phil's Love It or List It** Ruth and Ken from Caterham decide whether to renovate or sell their home. (S)(R)(AD)
4.55 **News** (S)
5.25 **George Clarke's Remarkable Renovations** Turning an office unit on a commercial estate into a two-bedroom house. (S)(R)(AD)

9.00 Jack Reacher: Never Go Back

6.30 **Our Farm Next Door: Amanda, Clive and Kids** It's summer in Swaledale and the renovation of the abandoned farmhouse is about to hit its one-year anniversary with plenty of work still to do for Richard the builder. (S)(R)(AD)
7.30 **F1: Belgian Grand Prix** Lee McKenzie presents action from today's sprint race and qualifying in the 13th round of the season from Circuit de Spa-Francorchamps. Charles Leclerc was awarded pole position here last year after Max Verstappen finished fastest but was subsequently given a ten-place grid penalty. (S)
9.00 FILM **Jack Reacher: Never Go Back** Director Edward Zwick's action thriller sequel based on Lee Child's novel, starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. With Danika Yarosh and Aldis Hodge. (S)(AD) (2016, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 FILM **Copshop** Thriller starring Gerard Butler. On the run from an assassin, a wily con artist devises a scheme to hide out inside a small-town police station. (S)(AD) (2021, 15, 110min) ★★★
1.10 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.05 **Four in a Bed** (S)(R)
4.20 **Find It, Fix It, Flog It** (S)(R)
4.30 **to 6.10** AM **The Simpsons** (S)(R)

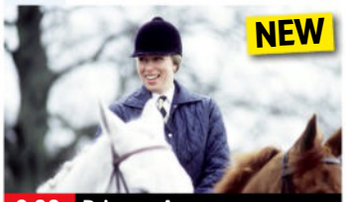
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)
9.10 Entertainment News (S)
9.15 Bargain-Loving Brits in the Sun Five editions. (S)(R)(AD)
2.00 PM **Yorkshire Great and Small with Dan and Helen** Helen Skelton and Dan Walker explore the North York Moors. (S)(R)
3.00 Helen Skelton and Dan Walker visit Brontë Country in West Yorkshire. (S)(R)
4.00 Reuben: Life in the Dales The team clean out the yard's barn and replace their neighbours septic tank with a state-of-the-art system. (S)(R)
5.00 A plumbing project turns into a disaster when rainwater lifts the septic tank out of a neatly dug hole. (S)(R)



9.00 Princess Anne

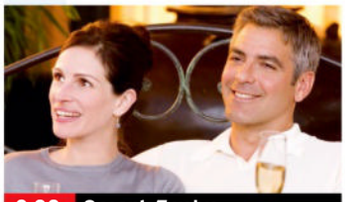
6.00 Secrets of the Royal Palaces Stories of palace private life, looking at the family's race to be by Elizabeth II's side in her final moments. (S)(R)
6.55 News (S)
7.00 Secrets of the Royal Palaces A look at stories of palace scandal, including the link between Queen Victoria's favourite lapdog and a palace massacre. (S)(R)
8.00 NEW Fergie, Andrew & the Scandal of SouthYork A look at the controversy surrounding Sunninghill Park in Berkshire, which was the home of Prince Andrew and Sarah, Duchess of York. (S)
9.00 NEW Princess Anne: A Quite Remarkable Royal A look into the Princess Royal's equestrian career, from learning to ride as a toddler to competing at the 1976 Olympics and her continued passionate engagement in the sport. (S)
10.30 1968: Those Were the Days Controversies in TV, film, music and politics, includes contributions from Paul Nicholas, John Sergeant and Stephanie Beacham. (S)(R)
12.30 AM **Million Pound Motorhomes** (S)(R)
1.25 PlayOJO Live Casino Show (S)
3.25 Friends (S8) (S)(R)(AD)
3.50 The World's Most Expensive Hotels Claridge's. (S)(R)
4.40 Amazing Railway Adventures with Nick Knowles (S)(SL)(R)
5.30 to 5.35 AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 Funny Talking Animals (S)(R)
6.50 The Brilliant World of Tom Gates (S)(R)(AD)
7.05 Monkey Life (S)(R)
7.30 Deep Dive Australia (S)(R)
10.30 David Attenborough's First Life Double bill. (S)(R)
1.00 PM **Formula 1** (R)
2.00 The Simpsons (S)(R)
3.30 Discovered by Disaster Unexpected things revealed by catastrophic disasters. (S)(R)
4.30 What on Earth? A sighting in Germany points to secrets from the Cold War. (S)(R)
5.30 F1: Belgian Grand Prix A chance to see the qualifying session for tomorrow's 13th round of the season staged at Circuit de Spa-Francorchamps.



9.00 Ocean's Twelve

F1: Belgian Grand Prix (started at 5.30pm)
7.30 Ted's Notebook Ted Kravitz introduces reaction to qualifying at the Belgian Grand Prix. (R)
8.00 An Idiot Abroad Karl Pilkington immerses himself in Mexican culture before heading for Chichen Itza, home to temples built between the ninth and 12th centuries. (S)(R)(AD)
9.00 FILM Ocean's Twelve Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Catherine Zeta-Jones. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (S) (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.30 Mr Bigstuff 1/6. Comedy starring Danny Dyer and Ryan Sampson. (S)(R)(AD)
12.00 M'T 2/6. Glen and Lee try to get information out of their dad's old flame. (S2) (S)(R)(AD)
12.30 AM **F1: Belgian Grand Prix** (R)
2.30 Brassic 1/8. (S5) (S)(R)(AD)
3.30 Road Wars (S)(R)
4.00 Nothing to Declare (S)(R)
5.30 to 6.00 AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
1.15pm Hairy Bakers: Celebration Cakes (S)(R) **1.30 FILM** Lyle, Lyle, Crocodile (S)(AD) (2022, PG, 100min) ★★★ **3.10 FILM** Back to the Future (S)(AD) (1985, PG, 110min) ★★★★★ **5.00** Our Lives: Dolphin Town (S)(R) **5.30-6.00pm** Our Lives: The Prisoner of Portmeirion (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
12.00noon FILM Designing Woman (S) (1957, U, 115min) ★★★ **1.55pm FILM** Spellbound (S) (1945, b/w, PG, 110min) ★★★★★ **3.45** The Great British Sewing Bee (S)(R)(AD) **4.45** Flog It! (S)(R) **5.30** Fake or Fortune? (S)(R)(AD) **6.30-7.00pm** A Special School (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.20** Yn y Fan a'r Lle (AD) **10.55** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **11.25** Cymry ar Gynfas **11.55** Y Ci Perffaith **12.30pm** Garddio a Mwy **1.00 LIVE** Seiclo: Tour de France **3.30** Taith Bywyd (AD) **4.30** Cwpwrdd Epic Chris **5.00** Sgwrs Dan y Lloer **5.30** Llangollen **7.15** Newyddion a Chwaraeon **7.30** Ralio: Pencampwriaeth Rali'r Byd **8.00** Taith y Llewod New edition **9.00** Seiclo: Tour de France New edition **9.30** Cyngherddau Eisteddfod Genedlaethol 2024 – Eden **10.30** Carufanio **11.00-11.35pm** Richard Holt: Yr Academi Felys (AD)

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Linda wonders whether she has done the right thing. **7.30** It is a new dawn in Walford as the latest owner of the Vic takes the helm.
8.00 Top Gear Jeremy Clarkson puts Toyota's GT86 coupe through its paces.
9.00 Two Pints of Lager and a Packet of Crisps 2/8. Janet feels unsure about Donna's new boyfriend. **9.30** 3/8. Louise faces problems as she looks for a father figure for her daughter. **10.00** 4/8. Janet finds herself out of her depth. **10.30** 5/8. Donna and Gaz wonder whether they have made the right decision. (S8)
11.00 Paddy & Molly: Show No Mersey Molly tries to make weight for her fight.
12.00 M'T **Dinosaur** 1&2/6. (S1)
12.50 AM **The Film Fan's Guide to Sussex** Film locations.
1.00 Top Gear As 8.00pm.
2.00 to 4.00 AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Agatha Christie: Lucy Worsley on the Mystery Queen** Agatha's mysterious 1926 disappearance.
8.00 Miss Marple: A Pocketful of Rye 1/2. A handful of grain is found in the pocket of a financier murdered with poison. **8.50** 2/2. The connection with the nursery rhyme is all too clear to Miss Marple.
9.45 FILM PREMIERE Fallen Leaves Finnish romantic comedy starring Alma Pöysti and Jussi Vatanen. Two lonely souls searching for love meet by chance in a karaoke bar in Helsinki. Subtitled. (2023, 12, 81min) ★★★★
11.00 Parkinson With guests Helen Mirren, Cilla Black, Jo Brand and Annie Lennox.
12.00 M'T **The Good Life**
12.30 AM **Yes, Minister**
1.00 Miss Marple: A Pocketful of Rye As 8.00pm.
2.45 to 3.45 AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

MORE4

136/137 127 147 18 124 15

8.55 AM **Ugly House to Lovely House with George Clarke** A Nottingham home.
9.55 George Clarke's Amazing Spaces
11.00 George Clarke's Old House, New Home
12.00 NOON **Location, Location, Location**
1.00 PM **Four in a Bed**
3.40 Come Dine with Me
6.20 Four in a Bed Sherbourne House Hotel in Norfolk. **6.50** A visit to Holywell House in Leicestershire.
7.25 Four in a Bed A visit to the Greyhound Hotel in Cromford, Derbyshire. **7.55** The final visit of the week is to the Royal Hotel in Clacton-on-Sea, Essex. **8.25** The B&B owners meet for the last time.
9.00 24 Hours in A&E A 70-year-old woman with lung cancer is rushed to St George's with suspected sepsis, while an 83-year-old man is brought into resus after falling off his roof. **10.00** A 12-year-old is airlifted to St George's after he is hit by a motorcycle on his way home from school.
11.05 999: On the Front Line A man has 13 seizures.
12.10 AM **Emergency Helicopter Medics**
2.20 24 Hours in A&E
3.25 to 3.50 AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **The Goldbergs**
8.30 Rude(ish) Tube Shorts
8.35 Lego Masters Australia
10.10 Ramsay's Kitchen Nightmares USA
11.05 FILM Babe: Pig in the City Comedy drama sequel starring Magda Szubanski. (1998, U, 96min) ★★★★
1.00 PM **The Big Bang Theory**
3.00 FILM A Knight's Tale Medieval comedy adventure starring Heath Ledger. (2001, PG, 132min) ★★★
5.35 The Simpsons Triple bill.
7.00 The Simpsons *Girls Just Want to Have Sums:* Lisa decides to pose as a boy. **7.30** *Regarding Margie:* Marge bumps her head. **8.00** *The Monkey Suit:* Lisa defies a new ruling. **8.30** *Homer and Marge Turn a Couple Play:* Homer and Marge realise their marriage is on the rocks.
9.00 Celebrity Gogglebox Opinions on *Cooking with the Stars* and *Only Connect*.
10.00 Gogglebox The critics watch *Great Expectations* and *Tempting Fortune*. **11.05** Opinions on *Love Is Blind* and *The Dog Academy*.
12.05 AM **First Dates** Double bill.
2.05 Below Deck Down Under
3.50 The Big Bang Theory
4.20 Ramsay's Kitchen Nightmares USA
5.10 to 6.00 AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** Cameras are used to help identify someone who has been making hoax calls. **11.15** A burglar who left incriminating evidence.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Blue Bloods

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM **9.00** **Blue Bloods** *Poetic Justice:* 8/21. Danny crosses paths with a criminal from a previous case while investigating a gang. (S13)

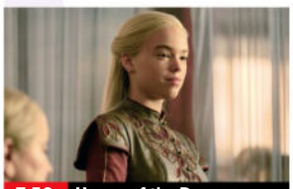
10 PM **10.00** **Elsbeth** *Tiny Town:* 11/20. Sparks fly between Elsbeth and Scottish musician Angus after he witnesses a murder. (S2)
11.00 **FBI: Most Wanted** (S4)
1.00 AM **FBI: International** (S3)
2.00 **Bull** 16/16. Izzy puts the wedding on hold. (S5)
3.00 **The Cleaning Lady** 5/12. Luca goes missing. (S3)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **Six Feet Under** 5-9/13. (S1)
1.25 PM **Game of Thrones** 4/6. Jon shares a secret. **2.50** 5/6. Daenerys brings her forces to King's Landing. **4.15** 6/6. Tyrion faces the consequences of his actions and Daenerys declares her intentions for Westeros. (S8)
5.40 **House of the Dragon** 1/10. *Game of Thrones* prequel. **6.50** 2/10. Viserys is urged to secure the succession through a new marriage. (S1)


7.50 House of the Dragon

7.50 **House of the Dragon** *Second of His Name:* 3/10. Daemon and the Sea Snake battle the Crabfeeder, while the realm celebrates Aegon's second nameday. (S1)

9.00 **The White Lotus** *Italian Dream:* 2/7. Harper questions Cameron and Daphne's claims about their marriage. (S2)

10.05 **The Gilded Age** *A Different World:* 5/8. Gladys has trouble adjusting to her new circumstances. (S3)
11.10 **Homicide: Life on the Street** 12/22. Munch and Gee investigate a hit-and-run case. **12.10** AM 13/22. Sheppard teams up with Bayliss pursue an Internet killer. **1.10** 14-16/22. (S7)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **SEAL Team** 18-22/22. (S1)
11.00 **Grimm** 17-20/22. (S5)
2.55 PM **The Walking Dead** 14/16. The Saviors visit the Hilltop unexpectedly. **3.55** 15/16. One of Alexandria's survivors face a heartbreaking dilemma. **4.50** 16/16. The Alexandrians continue to pursue their intricate plan to overthrow their oppressors. (S7) **6.00** 1/16. Rick's group bands together with Maggie's Hilltop survivors. (S8)

10.00 Strike Back: Vendetta

7.00 **The Walking Dead** *The Damned:* 2/16. Rick encounters a familiar face, as the joint plot begins to unfold. (S8)

8.00 **An Idiot Abroad** 4/8. Karl Pilkington travels to Mexico, where he tries his hand at wrestling and visits Chichen Itza.

9.00 **A League of Their Own: The Rally** Jill Scott, Jamie Redknapp, Micah Richards and Tom Davis compete in the ALOTO Rally Cup.

10.00 **Strike Back: Vendetta** 5/10. The team race to stop Zayef from carrying out a terrorist attack on a big European city. (S8)
11.00 **Creature Commandos** (S1)
11.30 **Mr Bigstuff** 1&2/6. (S2)
12.30 AM **Warrior** 7/10. (S1)
1.30 **Road Wars** Vehicle crime.
2.00 **S.W.A.T.** New episode 2/22. The team tackle a gang. (S8)
3.00 **Brassic** 1/8. (S5)
4.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Next Level Chef USA**
10.35 **Deal or No Deal**
1.35 PM **Celebrity Catchphrase**
2.40 **FILM Spy Kids 3: Game Over** Sci-fi comedy adventure starring Daryl Sabara. (2003, U, 84min) ★★★
4.30 **FILM Bruce Almighty** Comedy starring Jim Carrey. A TV news reporter is invited by God to take his job and see if he can do any better. (2003, 12, 96min) ★★★

6.25 Godzilla: King of the...

6.25 **FILM Godzilla: King of the Monsters** Fantasy starring Vera Farmiga. The Monarch agency face off against an army of creatures, including Godzilla, Mothra, Rodan and King Ghidorah. (2019, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition Featuring exclusive action from the villa alongside the fun, flirting and fallouts.

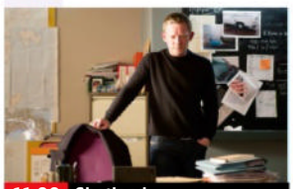
10.05 **Family Guy** 7/18. Stewie and Brian use their time machine to help Chris. **10.35** 9/18. Meg is recruited as a model. (S13)
11.05 **Family Guy** 2/18. (S13)
11.35 **American Dad!** 2/22. (S12)
12.00 M'T **American Dad!** 17/22. Roger breaks his ankle. (S11)
12.30 AM **Extraordinary** 7/8. (S2)
1.05 **CelebAbility**
1.50 **Buffering** 2/6. (S1)
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **Lewis** *Generation of Vipers.*
8.40 **FILM Carry On Matron** Comedy starring Sid James. (1972, PG, 89min) ★★
10.25 **Doc Martin** 3&4/8. (S7)
12.35 PM **Midsomer Murders** *Ring Out Your Dead:* The bell-ringers of Midsomer Wellow are murdered. **2.45** *Murder on St Malley's Day:* A schoolboy is murdered. **4.55** *The Creeper:* A burglar dubbed 'the Creeper' targets the villages of Midsomer.


11.00 Shetland

6.55 **Midsomer Murders** *A Talent for Life:* The bodies of a glamorous senior citizen and a distinguished doctor are found beside a river – but then the prime suspect is also discovered dead.

9.00 **Vera** *Sandancers:* The detective investigates a suspicious death in an army barracks that was designed to look like suicide, and uncovers an event nobody wants to talk about. Guest stars John Duttine.

11.00 **Shetland** 1/6. A body is found in grisly circumstances. **12.00** M'T 2/6. Robbie's phone reveals several missed calls from Craig. (S3)
1.15 AM **Judi Dench's Wild Borneo Adventure**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Celebrity Escape to the Country** Presenter Kaye Adams wants to swap city life for the Scottish countryside.
8.15 **Style Fixers** Jamie helps Kat embrace an ethically sourced K-pop vibe. **8.45** Eve dreams of looking like she has just stepped out of a 1990s romantic comedy.
9.15 **Two Doors Down** 5/6. Two health-conscious residents are introduced to the neighbours. (S5)
9.45 **FILM Mrs Brown** Period drama with Judi Dench and Billy Connolly. (1997, PG, 103min) ★★★★
11.25 **Up for It** 5/6. Three comedians try dog agility training. (S1)
11.55 PM **to 12.00** M'T **Loop** A look at the work of textile artist Moy Mackay.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
10.15 **Silicon Valley** (S4)
1.10 PM **Girls** 7-10/10. (S1)
3.30 **Curb Your Enthusiasm**
6.30 **The Office (US)** 4/24. Andy tries to gain the respect of his family and his new boss. **7.00** 5/24. Erin struggles to pull off the ultimate Halloween party. **7.30** 6/24. Dwight threatens to get the entire staff fired. **8.00** 7/24. Robert California has a musical proposition for Andy, Darryl and Kevin. **8.30** 8/24. Andy tries to inspire the team with a trip to Gettysburg. (S8)
9.00 **Divorce** 1&2/10. (S1)
10.15 **Tracey Ullman: Live & Exposed** The actress and comedian takes to the stage in Los Angeles.
11.45 **Girls** 9&10/10. (S4)
12.55 AM **Hung** 3&4/10. (S1)
2.05 **Veep** 5&6/10. (S2)
3.20 **to 5.00** AM **Dice**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Tchaikovsky, Swan Lake**
8.25 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Tate Britain**
2.00 **The Lost Leonardo**
3.50 **Blue Road: The Edna O'Brien Story**
5.50 **Bee Gees: In Our Own Time** The band's career.
7.10 **Discovering**
7.40 **Classic Albums** The making of Fleetwood Mac's Grammy-winning album *Rumours*.
9.00 **NEW The Thousand and One Musical Lives of Fleetwood Mac** A profile of the rock band.
10.15 **Fleetwood Mac: Live in Boston** Double bill.
12.35 AM **The Eagles: Desperado**
2.00 **Johnson & Knopfler's Music Legends**
3.00 **The Great Songwriters**
4.00 **Classic Albums**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Silly Pets** Animation.
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Nothing to Declare**
1.00 PM **Coastal Africa**
2.00 **Strange Creatures**
3.00 **Gladiators** Double bill.
5.00 **Patrick Aryee's Wild World** Documentary.
6.00 **Monkeys: An Amazing Animal Family**
7.00 **Shark with Steve Backshall** The naturalist celebrates the diversity of sharks in the oceans.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester** Double bill of the documentary following the work of Greater Manchester Police.
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Sex and the City**
3.00 **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Word-based quiz. Taking part alongside the reigning champions are a husband and wife team and two cousins. **7.00** A Brighton couple and a husband and wife take part alongside the reigning champions.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern as another contestant takes on the Banker for the chance to win a big cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** Ten episodes of the series, including at: **5.00** PM *Christmas at Plum Creek*: 15/25. Carrie remembers the true meaning of Christmas. **6.00** *Family Quarrel:* 16/25. The Olesons have an argument. **7.00** *Doctor's Lady:* 17/25. Doc Baker falls in love with Harriet Oleson's niece. **8.00** *Plague:* 18/25. An outbreak sweeps Walnut Grove. (S1)
9.00 **FILM Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
11.30 **The Avengers** (S6)
2.25 AM **Airline USA**
3.00 **Hart to Hart** (S3)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Minder**
7.00 **Made in Britain**
7.30 **The Professionals**
8.30 **E1 Powerboat Highlights**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **Made in Britain**
12.00 NOON **Tour de France Highlights** Stage 19.
1.00 PM **LIVE Tour de France** Coverage of stage 20.
3.45 **World of Sport**
4.00 **Made in Britain**
5.00 **Junk and Disorderly**

10.10 Death Race

7.00 **Tour de France Highlights** Action from stage 20 of the race, a 184.2km route from Nantua to Pontarlier.

8.00 **FILM Rocky III** Boxing drama sequel starring Sylvester Stallone. Rocky Balboa is enjoying his life as world heavyweight champion, until a brutal contender demands a shot at the title. (1982, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **FILM Death Race** Sci-fi thriller remake starring Jason Statham. A falsely imprisoned convict is forced to compete in a deadly car race. (2008, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Wrestling: AEW Dynamite**
2.10 **Dark Side of the Ring**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Supervolcano** Sci-fi thriller with William Baldwin. (2021, PG, 90min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **4.00** 3/22. The crew receive a hero's welcome. **5.00** 4/22. Part one of three. A Klingon ship is hijacked. (S4)
6.00 **Star Trek: Voyager** 22/26. Torres crashes the shuttle and finds herself stranded on a remote planet. (S6)

11.00 The Walking Dead

7.00 **Star Trek: Voyager** *Fury:* 23/26. Kes travels through time and uses her powers to try and destroy Janeway and *Voyager*.

8.00 **Star Trek: Voyager** *Life Line:* 24/26. The Doctor transmits his holographic program back to the Alpha Quadrant.

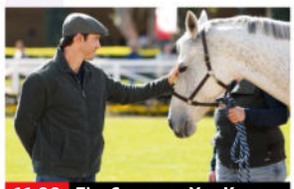
9.00 **Star Trek: Voyager** *The Haunting of Deck Twelve:* 25/26. Neelix tells the Borg children a ghost story during a power cut.

10.00 **Star Trek: Voyager** *Unimatrix Zero – Part One:* 26/26. The Borg Queen makes a shocking discovery. (S6)
11.00 **The Walking Dead** 7/22. Alpha and Beta have reservations about someone. **12.00** M'T 8/22. A fight causes tensions in Oceanside. **1.00** AM 9/22. The communities reluctantly respect the new borderlines. **2.00** 10&11/22. (S10)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Elementary** 4-6/24. (S5)
1.00 PM **Inspector Alleyn Mysteries** 1/6. (S1)
3.20 **Death in Paradise** 6/8. The leader of a spiritual retreat is found strangled en route to the contemplation garden. **4.40** 7/8. As 9.00pm. (S7)
6.00 **Father Brown** *The Angel of Mercy:* Mrs McCarthy's friend is the latest villager to die in her sleep, and Father Brown soon senses something sinister is afoot.


11.00 The Company You Keep

7.00 **Father Brown** *The Face of the Enemy:* The Roman Catholic priest spies trouble when Lady Felicia returns to Kembleford.

8.00 **Father Brown** *The Devil You Know:* Mallory asks the priest for help when a senior member of the police force is murdered.

9.00 **Death in Paradise** *Dark Memories:* 7/8. Someone from JP's past is caught at a murder scene. Guest stars Ralph Brown. (S7)

10.00 **My Life Is Murder** *The Good Oil:* 6/8. Alexa ignores her own family problems to find justice for a Samoan matriarch. (S4)
11.00 **The Company You Keep** 3/10. The Nicolettis persuade a wealthy woman to seek revenge on her con man fiancé at a horse race. (S1)
11.55 **Father Brown** As 6.00pm.
12.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Dad's Army**
7.50 **Keeping Up Appearances**
8.25 **Porridge Christmas Special**
9.30 **Gavin & Stacey** Six episodes.
1.20 PM **Gavin & Stacey** Nine episodes, including at: **5.10** Gavin starts a new job, and Smithy has to come to terms with not living near him. **5.50** Stacey ensures Gavin sticks to his promise, while Pam and Mick host a beer and curry night. **6.25** Smithy worries about seeing Nessa again.

10.20 Mrs Brown's Boys

7.00 **Gavin & Stacey** Pete and Dawn prepare to renew their wedding vows. **7.40** Bank Holiday Monday sees the Essex mob arrive for a day at the beach in Barry. **8.20** Stacey has news for Gavin, and Smithy has a final chat with Nessa.

9.00 **Only Fools and Horses** Christmas special from 1987 in which Del Boy sets out to find his dear departed mother's treasure trove. Guest stars Joan Sims.
10.20 **Mrs Brown's Boys** Rory and Dino locate the perfect apartment.

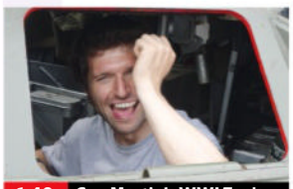
11.00 **Neil & Martin's Bon Voyage** The boys head out to fish for their supper off the coast of Biarritz, participate in a 'festival of corn', and travel to the peaks of the Pyrenees.
12.00 M'T **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Cannonball**
8.10 **Storage Hunters UK**
9.40 **Top Gear** Double bill.
11.40 **Red Bull Soapbox Race 2022**
1.40 PM **Guy Martin's WWI Tank** A working replica of a tank.
3.00 **Extreme Fishing with Robson Green** Double bill.
5.00 **Border Force: America's Gatekeepers** Millions of dollars' worth of marijuana is found hidden in mattresses. **6.00** Officers in Laredo intercept a truck smuggling narcotics over the border.


1.40 Guy Martin's WWI Tank

7.00 **Red Dwarf** Rimmer's swashbuckling alter ego returns to the *Starbug*. **7.40** Lister meets old flame Kristine Kochanski thanks to a strange overlap of dimensions. **8.20** The crew members panic when the ship's generator breaks down.

9.00 **The Office** The party throws up a few surprises, not least the arrival of David's date, who is attractive and intelligent.

10.10 **Extras** Andy threatens to fire his agent Darren.
10.50 **Not Going Out Halloween Special** Lee and Lucy go trick or treating.
11.40 **Not Going Out** Lee and Lucy head out on a last-minute mission on Christmas Eve.
12.35 AM **Have I Got a Bit More Old News for You**
1.35 **The Weakest Link**
2.40 **David Mitchell's Outsiders**
3.30 **to 4.00** AM **Gadget Man**

+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **Kirstie and Phil's Love It or List It**
3.00 **A Place in the Sun** From Dénia in Spain. **4.00** House hunting in Languedoc, France. **5.00** From Corfu. **6.00** From Sitges in northern Spain.
7.00 **FILM Fisherman's Friends: One and All** Comedy sequel starring James Purefoy. (2022, 12, 112min) ★★★
9.05 **8 Out of 10 Cats Does Countdown** With Tom Allen and Harriet Dyer.
10.05 **FILM The Vanishing** Crime thriller starring Gerard Butler. (2018, 15, 107min) ★★★
12.15 AM **Gogglebox**
2.20 **24 Hours in Police Custody: The Murder Messages** Documentary.
3.20 **24 Hours in A&E**
4.20 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
1.00 PM **NCIS** 17-21/24. (S15)
6.00 **NCIS** *Two Steps Back:* 22/24. Evidence reveals an NCIS team member is a hitman's latest target. **7.00** *Fallout:* 23/24. Gibbs attends the memorial service for a friend lost at sea. **8.00** *Date with Destiny:* 24/24. Sloane believes she has seen the man who tortured her. (S15)
9.00 **Criminal Minds** *Green Light:* 21/22. Reid fears that his mother has been abducted. **10.00** *Red Light:* 22/22. Reid squares off with an old enemy. (S12)
11.00 **Law & Order: Special Victims Unit** 22&23/24. US crime drama. (S15)
12.55 AM **The Resident** (S2)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Entertainment News**
8.05 **Dirty Home Rescue**
12.05 PM **Rogue Claimers**
5.05 PM **FILM Along Came Polly** Romantic comedy starring Ben Stiller and Jennifer Aniston. (2003, 12, 90min) ★★★
6.50 **FILM The Wedding Planner** Romantic comedy starring Jennifer Lopez. (2001, PG, 103min) ★★★
9.00 **FILM Happy Gilmore** Comedy starring Adam Sandler. (1996, 12, 92min) ★★★
10.55 **Cops 'n' Robbers: Caught on Camera** Police bodycams record an armed siege.
11.55 **Trouble on the Terraces: Caught on Camera** Documentary.
12.55 AM **Banged Up Abroad**
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
1.05 PM **FILM Young Guns of Texas** Western drama starring James Mitchum. (1962, U, 84min) ★★
2.45 **FILM The Three Musketeers: The Queen's Diamonds** Adventure with Oliver Reed and Michael York. (1973, PG, 102min) ★★★
5.00 **Motorway Cops: Catching Britain's Speeders** Four editions of the series, including at: **7.00** An officer races to a head-on car collision. **8.00** An officer tries to pull over a drink driver.
9.00 **FILM Fast & Furious Presents Hobbs & Shaw** Adventure starring Dwayne Johnson. (2019, 12, 137min) ★★★
11.45 **Police Interceptors**
1.45 AM **World's Deadliest Weather: Caught on Camera** Documentary.
3.45 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **First Responders**
6.00 **Ambulance Australia** Paramedics face a car accident where a pregnant woman's waters have broken. **7.00** A rookie paramedic faces a confronting case. **8.00** An ambulance bottleneck sends dispatch into overload.
9.00 **Ghosts** A ghostly photograph goes viral. **9.40** Alison attempts to find out why the ghosts are acting so strangely. **10.20** Thomas and Julian battle it out over how the ghosts will spend their evening.
10.55 **Multiple Birth Wards**
12.55 AM **My Kitchen Rules: Australia** Cooking series.
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
7.50 **Bergerac**
11.20 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **Father Brown**
4.00 **Whitstable Pearl**
5.15 **2point4 Children**
5.55 **The Upper Hand**
7.00 **The Brokenwood Mysteries** *Blood Pink:* 4/4. Mike's favourite country musician is found electrocuted. (S2)
9.00 **Hotel Portofino** *Denouements:* 6/6. A secret from Constance's past comes to light. (S1)
10.10 **Outrageous** *Point of No Return:* 6/6. Joss becomes involved with protests against violent political rallies staged by Mosley. (S1)
11.10 **Judge John Deed**
1.10 AM **The Heart Guy**
2.10 **Birds of a Feather**
2.40 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Conwy.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector** Alex helps business partners running a boutique hotel in Bath. **7.00** In Dorset, Alex helps the owners of the Coach and Horses pub.
8.00 **Saving Lives at Sea** Documentary about the work of RNLI volunteers.
9.00 **The Repair Shop** A painting of a Lebanese landscape is restored. **10.00** An art conservator restores a childhood painting.
11.00 **The Repair Shop**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes Christmas Special** The Dingles of *Emmerdale* take on *Hollyoaks*' McQueens.
12.00 NOON **Dickinson's Real Deal** David Dickinson helps people in Norwich.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Double bill.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** With guests Matt Allwright, Stacey Solomon, Louise Minchin and Keith Allen.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Four episodes.
10.00 **FILM Garden of Evil** Western adventure. (1954, PG, 100min) ★★
12.10 PM **FILM The Tin Star** Western. (1957, b/w, U, 93min) ★★★★
2.15 **FILM Sabata** Western. (1969, 12, 107min) ★★
4.35 **FILM Return of Sabata** Spaghetti Western. (1971, 15, 107min) ★
6.55 **FILM Return of the Seven** Western sequel starring Yul Brynner. (1966, PG, 95min) ★★
9.00 **FILM Wild Bill** Walter Hill's Western biopic starring Jeff Bridges. (1995, 15, 93min) ★★★
11.15 **FILM Escobar** Drama. (2017, 15, 123min) ★★
1.50 AM **FILM Stonados** Sci-fi disaster movie. (2013, PG, 90min) ★
3.40 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

6.00 AM **Air Rescue**
6.25 **FILM I Almost Married a Serial Killer** (2019)
8.00 **Paddington Station**
9.00 **Britain's Busiest Airport**
11.00 **FILM An Aurora Teagarden Mystery: The Disappearing Game**
12.50 PM **FILM The Hidden Stranger: A Teagarden Mystery** (2019, PG) ★★
2.45 **FILM Mary Higgins Clark: We'll Meet Again**
4.55 **FILM Mary Higgins Clark: Haven't We Met Before?** (2002, 15) ★★
7.05 **FILM Fixer Upper Mysteries: Deadly Deed**
9.00 **FILM A Case of Murder: Garage Sale Mystery**
10.55 **FILM Aurora Teagarden Mysteries: How to Con a Con** (2020, PG) ★★
1.00 AM **FILM Dance Night Obsession** (2016) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Killer Reputation** (2019, 12) ★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Snapshot of Love** Romantic drama. (2022, PG, 85min) ★★
10.05 **FILM Secret Millionaire** Comedy. (2018, PG) ★★
12.00 NOON **FILM Brimming with Love** Drama. (2017, PG, 90min) ★★
1.55 PM **FILM Love & Where to Find It** Comedy. (2021, PG, 85min) ★★
4.00 **FILM Together Forever Tea** Romantic comedy. (2021, PG, 90min) ★★
6.05 **FILM Sweet Autumn** Drama. (2020, PG) ★★
8.00 **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
10.00 **FILM Sand Dollar Cove** Drama. (2021, PG) ★★
11.55 **FILM Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love & Where to Find It** Comedy. (2021, PG) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees** (S1)
8.00 **Fantasy Island** (S1)
9.00 **A Sharp Intake of Breath** 4-6/6. (S4)
10.30 **Thick as Thieves** (S1)
11.30 **Carry On Laughing**
1.00 PM **FILM Santa Fe Trail** Cavalry adventure. (1940, PG, 110min) ★★
3.15 **Britannia**
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Fantasy Island** (S1)
7.00 **Jokers Wild** Triple bill.
8.30 **In Loving Memory** 7/7. Billy heads for France. **9.00** 1/7. Ivy looks forward to an outing. **9.30** 2/7. Ivy thinks she has been cursed. (S2)
10.00 **Game On** 1-3/6. (S3)
11.45 **Police Woman** (S1)
12.45 AM **The Last Days of Pompeii** 3/3. (S1)
2.30 **Jokers Wild** Triple bill.
4.00 **Stereo Underground**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A man is given days to clear his 8ft-high mountain of belongings. **8.00** A woman's relationship with her sons is close to ruin.
9.00 **Crack Addicts** Dr. Colón helps a woman who cannot control her joints. **10.00** Dr. Colón treats a woman with CMT who hopes to stand at her daughter's wedding.
11.00 **Body Bizarre** A teen has a lymphatic malformation in her face. **12.00** M'T A boy who was born with his organs back to front and no jaw.
1.00 AM **Body Bizarre**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa – Back to Basics**
12.00 NOON **Mary Berry – Cook & Share**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **Forever Summer with Nigella** Eight editions.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Maneet's Eats**
8.30 **Nadiya Bakes**
9.00 **Diners, Drive-Ins and Dives** Guy Fieri hits the road for plant-based perfection in New Jersey. **9.30** Guy Fieri is digging Greek-style lasagne in Ohio. **10.00** Guy Fieri's going global with killer croquettes in New Jersey. **10.30** Guy's digging creative comfort foods.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM 7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
9.00 **Knight Rider** (S3&4)
2.00 PM **FILM Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
4.30 **FILM The Lost Continent** Adventure. (1968, PG, 98min) ★★★
6.15 **FILM Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Terminal Velocity** Spy action thriller starring Charlie Sheen and Nastassja Kinski. (1994, 15, 102min) ★★
11.05 **FILM Double Team** Thriller starring Jean-Claude Van Damme. (1997, 18, 93min) ★★
12.55 AM **FILM Braven** Thriller. (2018, 15, 94min) ★★★
2.45 **to 4.45** AM **FILM The Loft** Thriller. (2013, 15, 98min) ★★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **The Gambler: The Adventure Continues**
10.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
12.00 NOON **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
2.00 PM **FILM Asteroid v Earth** Disaster movie starring Tia Carrere. (2014, 15, 91min) ★★
4.00 **The Lost World** (S3)
9.00 **FILM Out of the Furnace** Crime thriller starring Christian Bale, Woody Harrelson and Zoe Saldaña. (2013, 15, 114min) ★★★★
11.15 **FILM Southern Fury** Crime thriller starring Adrian Grenier, John Cusack and Nicolas Cage. (2017, 18, 97min) ★★
1.10 **to 3.00** AM **FILM Blood and Money** Thriller starring Tom Berenger. (2020, 15, 89min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Pawn Stars** Double bill.
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **The Proof Is Out There** Double bill.
1.50 PM **Ancient Superstructures**
4.00 **Ancient Aliens**
8.00 **Close Encounters Down Under** Exploring a plane's loss over treacherous Bass Strait.
9.00 **Moon Landing: The Lost Tapes** An in-depth look into the minds of the astronauts before and after the mission.
10.00 **Banned from the Bible** Examining stories omitted from the Bible.
11.00 **Weird or What? With William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Double bill.
2.00 **Claw Hunters**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **The World's Most Expensive Hotels**
11.00 **Inside the Hilton: Park Lane** Documentary.
12.00 NOON **Murder, She Wrote** Five episodes.
5.05 PM **FILM Torpedo Run** Drama with Glenn Ford. (1958, U, 98min) ★★
7.00 **World War II: Secrets from Above**
8.00 **The Colosseum: The Arena of Death with Dan Snow** The story of one of the world's most famous buildings.
9.00 **Dan Snow & the Lost City** The presenter visits the lost city of the Inca.
10.30 **Into Dinosaur Valley with Dan Snow** Dan travels across America retracing the very first discoveries made by fossil hunters.
12.00 M'T **Terror at 30,000 Feet** Four editions.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **For the Love of Kitchens** Triple bill.
10.00 **Mini Reni** Double bill.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** People search for their ideal rural retreats.
8.00 **Love Your Garden** Alan Titchmarsh and his team transform a garden in Plymouth into a contemporary outdoor space for ex-Marine Mark Ormrod and his family. **9.00** Alan Titchmarsh and his team travel around Britain carrying out surprise garden transformations.
10.00 **Escape to the Country** People search for their ideal rural retreats.
1.00 AM **Home Town Takeover** Property series.
3.00 **to 4.00** AM **Home Town**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** Corey needs to make big changes.
8.00 **Dr Pimple Popper** Gerald sees Dr Lee about a bump on his finger. **9.00** Dr Lee treats a man who has large growths on his nose. **10.00** Gerard has lumps all over his body.
11.00 **Dr Pimple Popper**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Friends** 1-18/24. (S2)
6.20 PM **Michael McIntyre's Big Show** With Olly Murs.
7.20 **FILM Bean** Comedy spin-off starring Rowan Atkinson. (1997, PG, 90min) ★★★
9.00 **FILM Men in Black 3** Sci-fi comedy sequel starring Will Smith and Tommy Lee Jones. (2012, PG, 105min) ★★★★
11.10 **South Park** (S27)
11.40 **FILM South Park: Bigger, Longer & Uncut** Animated comedy spin-off. (1999, 15, 81min) ★★★★
1.15 AM **Police Squad!**
2.15 **Kevin Bridges: The Brand New Tour**
3.15 **Whose Line Is It Anyway? USA**
4.05 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S2&3)
6.00 PM **Everybody Loves Raymond** 19/25. A lie changes Ray's view. **6.30** 20/25. Debra gets involved in Ally's sports match. (S2)
7.00 PM **Friends** 15/24. Monica falls for a family friend. **7.30** 16/24. Joey decides to move out. **8.00** 17/24. Rachel feels smothered by Ross. **8.30** 18/24. Eddie becomes annoying. **9.00** 19/24. Joey starts house-hunting. **9.30** 20/24. Monica's boyfriend makes a good first impression. (S2)
10.00 **Friends** (S2&3)
2.00 AM **Broad City** (S1)
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Border Patrol**
12.00 NOON **Border Patrol**
2.00 PM **The Ark** Five episodes, including at: **5.00** *Pretty Big Deal:* 6/12. The crew follow a call to a desolate planet. **6.00** *It Can't Be True:* 7/12. The crew investigate a murder. (S2)
7.00 **Highway Patrol**
9.00 **Stella** 6/11. Nina realises Jag and Carol's secret. **10.00** 7/11. Paula returns for Daddy's funeral. **11.00** 8/11. Aunty Brenda's position hangs in the balance. **12.00** M'T 9/11. A heartbreaking decision awaits as Stella finally speaks with Rob. **1.00** AM 10/11. The family all turn out to celebrate Stella and Michael's wedding. (S5)
2.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Wannabees**
4.00 **Catfish: The TV Show** Five editions, including at: **8.00** Jaquan wants help to connect with his mysterious online love.
9.00 **Ink Master Redemption** Things get rough when Gentle Jay comes back. **9.30** The team redeem their mistakes on a unhappy military veteran.
10.00 **Ink Master** Sixteen new artists enter the competition, divided into OGs and Young Guns.
11.00 **Ink Master: OGs vs Young Guns** Triple bill.
2.00 AM **Catfish: The TV Show** Double bill.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Scrap Kings**
12.00 NOON **Naked and Afraid: Last One Standing** Competitors scramble in a dome shelter challenge. **2.00** PM Matt's tactics spark tension, and the physical and mental strain of the challenge sends a competitor home. **4.00** Pushed to the brink, competitors send shockwaves through the Outback.
6.00 **Gold Rush: White Water** Low on fuel, Dustin's crew race winter to reach the bottom of Nugget Creek.

6.00 Scrap Kings

Gold Rush: White Water (started at 6.00pm)

8.00 **Blowing Up History** Investigating the construction of iconic megastructures created by bygone civilisations.

9.00 **Naked and Afraid: Last One Standing** Cheeny has a key advantage in a friction fire elimination challenge, but her strategy puts her at risk, and blisters on Matt's hand might send him home.

11.00 **Expedition Bigfoot** The team go to Washington after a lead.
12.00 M'T **Deadliest Catch** Trapped in the crab-rich northern grounds, one boat faces a 60-foot wave.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Tiny Terror** A 10lb pomeranian threatens a long-term friendship. **4.00** An angry Chihuahua that constantly attacks a family.
5.00 **Animal Cribs** Antonio builds a barn for two mini horses that currently sleep in the house.
6.00 **Saved by the Barn** Chris saves two goats in need.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How whales can sing with no vocal cords. **7.30** A look into how ostriches can run so fast.

8.00 **Extinct or Alive** Forrest Galante travels to the remote Galapagos Islands in search of the fabled Fernandina tortoise.

9.00 **The Zoo** Peaches, a two-month-old warthog, charms his keepers while training to become an animal ambassador.

10.00 **Tanked** Long Island medium Theresa Caputo asks Wayde and Brett to build her a mermaid tank and a koi pond.

11.00 **Alaska: The Last Frontier** Tensions mount during the spring cattle drive.
12.00 M'T **The Aquarium** A piranha needs surgery on its mouth.
1.00 AM **The Aquarium**
2.00 **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **World War II: Secrets from Above** Double bill
3.00 **Lost Ships of WW2** A wreck off the coast of the Philippines that fits the profile of an American destroyer.
4.00 **Nazi Megastructures** Japan's use of suicide pilots.
5.00 **World War II: The Apocalypse** Slave labour in Nazi-occupied France. **6.00** Battles in Asia and Egypt.

8.00 Car S.O.S.

7.00 **Seconds from Disaster** The causes behind the commuter train crash that killed more than 100 people in Amagasaki.

8.00 **Car S.O.S.** Fuzz and Tim hope to surprise bubble car owner Sam with a secret fix-up of his much-loved Messerschmitt.

9.00 **Car S.O.S.** Fuzz and Tim help a dyed-in-the-wool petrolhead who faced extreme difficulties while restoring her dream car.

10.00 **Car S.O.S.** Tim and Fuzz take on a wreck of a VW Dune Buggy, owned by a father of three from East Yorkshire.

11.00 **Ice Road Rescue** Wild weather and traffic convoys cause carnage.
12.00 M'T **Air Crash Investigation**
2.00 AM **To Catch a Smuggler: Tropical Takedown**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **Death Coast** Documentary.
10.00 **Curse of Skinwalker Ranch**
2.00 PM **Pawn Stars** Six editions of the documentary, including at: **4.30** The guys check out 'The Mirthmobile' in *Wayne's World*.
5.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters.
6.00 **What on Earth?** A strange sighting in Germany points to secrets from the Cold War.

9.00 Airport Security: USA

7.00 **Cursed Treasures** The onset of a violent storm announced the discovery of the largest Anglo-Saxon hoard ever found.

8.00 **Cursed Treasures** The hunt begins in the Hell Creek Formation, where a huge palaeontology discovery is made.

9.00 **Airport Security: USA** In Atlanta, officers find two large bottles of liquid that could be the date rape drug GBL.

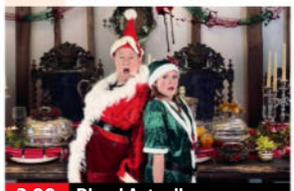
10.00 **Airport Security: USA** In Honolulu, officers recover narcotics from board games and an abandoned bag.

11.00 **History's Greatest Mysteries** Laurence Fishburne examines happenings depicted in *The Book of Exodus*.
12.00 M'T **Forged in Fire** Five novices take part in the weapons-crafting contest.
1.00 AM **Forged in Fire**
2.00 **Pawn Stars** Six editions.
5.00 **to 6.00** AM **History's Greatest Mysteries**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Canal Boat Diaries**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Terry and June**
3.00 **Blood Actually: A Murder, They Hope Mystery** Sian Gibson and Johnny Vegas return for a festive special.
5.00 **Bangers & Cash: Restoring Classics** The team buy and convert an Austin commercial.
6.00 **Bangers & Cash** A 1967 Aston Martin DB6 could be the most expensive car ever sold at the auction.


3.00 Blood Actually

7.00 **Bangers & Cash** Going under the hammer is a baby Fiat 850 coupe and a haulier offloads part of his vintage collection.

8.00 **Bangers & Cash** There's an unlikely arrival at the North Yorkshire car auction – an Argentinian Army Mercedes G wagon.

9.00 **Bangers & Cash** Derek has three scooters to collect, while also finding room for a Daimler and a teardrop caravan.

10.00 **Classic Car Kings** Irv takes on the restoration of an Escort RS1600i from an owner who had to give it up due to ill health.

11.00 **Bangers & Cash** Derek picks up a quartet of tasty vehicles from a farm in Shropshire. **12.00** M'T Derek gives the once-over to a Royale Formula Ford race car, and Paul is on a marathon trip to Teesside.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 149 137 12 144 17

6.00 AM **HMS Ark Royal**
8.00 **Wheeler Dealers World Tour**
9.00 **Wheeler Dealers**
2.00 PM **Wheeler Dealers World Tour**
3.00 **Shed and Buried**
6.00 **Find It, Fix It, Flog It**
9.00 **Massive Engineering Mistakes** New editions In Glasgow, an explosion destroys a shopping arcade. **10.00** In Puerto Rico, an explosion rips through the capital city.
11.00 **Outback Truckers** Steve Grahame is desperate to cross a remote river before wild weather sets in. **12.00** M'T Alicia Waddingham transports a hazardous load on heavily corrugated roads.
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **The Killer in My Family** Four editions.
7.00 **The Killer in My Family**
9.00 **American Detective with Lt Joe Kenda** New edition True-crime.
10.00 **Crime Scene Investigators** New edition A gunman kills professional cyclist Moriah Wilson in Texas.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** Tara Swilley.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Cold Cases Reopened** Patricia 'Patti' Berry's disappearance sparked a 19-year long mystery. **8.00** Patricia Ann Jacob's body is found on the bank of the Neches River in Texas.
9.00 **The Killer You Know** The case of Sarah Ludemann, who was stabbed in the street. **10.00** Jennifer Pan's account of her parents' death doesn't add up.
11.00 **48 Hours** When Bart and Krista Halderson suddenly disappeared, it stunned their community. **12.00** M'T A look into what happened when Terry Wood found his wife dead at home.
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** A girl's parents are charged with her murder. **2.30** Police use laser technology to detect the origin of a letter. **3.00** A young girl's performance in a high school play reveals she is keeping a dark secret. **3.30** A young boy is killed in a mysterious fire. **4.00** An in-depth investigation unfolds after a man is found dead in a doctor's office. **4.30** An investigator makes an impression of a shoe print in the snow.
5.00 **New Scotland Yard Files** Documentary.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Cult Justice**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** True-crime.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Killer in My Village**
4.00 **What the Killer Did...**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **Murder Next Door**
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 M'T **What the Killer Did Next** Sabina Nessa.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Invention of Surgery** Documentary.
9.15 **Franco: The Last Inquisitor** Double bill.
11.45 **Nazi Ratlines in Franco's Madrid**
1.00 PM **The Truth About Franco: Spain's Forgotten Dictatorship**
5.40 **Franco: The Last Inquisitor** Double bill.
8.10 **Nazi Ratlines in Franco's Madrid** A look into how Nazis used Madrid as part of their escape route in 1944.
9.20 **Franco: The Last Inquisitor** Part one of two. Spanish general and dictator Francisco Franco Bahamonde. **10.35** Part two of two. The Spanish general who endured long after the end of World War Two.
12.00 M'T **The Invention of Surgery** Documentary.
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Jon Voight**
7.00 **Discovering: Dustin Hoffman**
8.00 **The Directors** Steven Spielberg.
9.00 **Lockerbie** Four editions.
1.00 PM **Hawking: Can You Hear Me?** The life and career of physicist Stephen Hawking.
3.00 **Costa Concordia: Chronicle of a Disaster** Different accounts of the sinking of the cruise ship.
5.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
7.00 **Gary** The life and mysterious death of actor Gary Coleman.
9.00 **I Am Raquel Welch** Celebrating the life of a trailblazing actor who redefined the idea of a Hollywood sex symbol.
10.45 **Tina** A celebration of Tina Turner's life and career.
1.00 AM **Val** Documentary focusing on the life of actor Val Kilmer.
3.00 **Magic & Bird: A Courtship of Rivals** The lives and careers of basketball legends Magic Johnson and Larry Bird.
4.50 **to 6.00** AM **Children of Shanghai**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.50 **Deep Dive Australia**
10.40 **David Attenborough's First Life**
1.00 PM **13 Hours to Survive**
2.00 **City Wildlife Rescue**
5.00 **David Attenborough's Kingdom of Plants** Triple bill of the series, including at: **7.00** How some species have reduced water dependence.
8.00 **Accidental Wilderness: Europe's Everglades** A former wasteland that has become a paradise for Europe's birds.
9.00 **The Invisible River: Under Water Between the Black Forest and the Vosges** The wetlands where rare animals and plants thrive.
10.00 **Africa's Wild Year** A four-part journey through the seasons. **11.00** Summer brings new challenges and opportunities on the African plains.
12.00 M'T **Weird, Wild and Wonderful**
1.00 AM **Planet Weird**
2.00 **Accidental Wilderness: Europe's Everglades**
3.00 **to 6.00** AM **Wildlife ER**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **History's Greatest Myths**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Alien Files: Unsealed**
2.00 **WWII Lost Films**
3.00 **Cursed Histories**
4.00 **Alien Files Reopened**
5.00 **Alien Files: Unsealed**
6.00 **Secrets in the Ice**
7.00 **Cursed Histories** A diamond with a sinister past and a beach covered in 'cursed' stones.
8.00 **Strangest Things** Featuring a steam-powered gun.
9.00 **Deep Water Salvage** Salvors scramble to retrieve a cruise ship's anchor lost at sea.
10.00 **Shipwrecks: When History Resurfaces** Kevin Sempé dives in search of wrecks harking back to the Roman Empire.
11.00 **Greatest Prison Escapes with Billy Hayes** Audacious jail and prison breaks.
12.00 M'T **Ancient Aliens**
3.00 AM **Hitler's Handmaidens**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **Secrets in the Ice**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Four editions.
10.45 **Fugitives Caught on Tape**
11.45 **Hometown Tragedy**
1.05 PM **A Perfect Scam**
3.00 **#Textmewhenyougethome**
4.00 **Murder at the Motel**
5.00 **Accident, Suicide or Murder?** Triple bill, including at: **7.00** A mother is killed in a hunting accident.
8.00 **The First 48 Presents: Critical Minutes** Veteran homicide detectives look back on three successful cases.
9.00 **Last Night Out** The shooting of a pregnant woman.
10.00 **I Am a Stalker** Stories of love that turned into an obsession.
11.00 **The Killer Interview with Piers Morgan** Interviewing serial killer Robert Spahalski.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Murder at the Motel**
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **A Perfect Scam**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: Tampa Valentine's** Documentary.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Deadly Dozen**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** The docs perform bone surgery on a goose, fish for a hook in a dog's mouth and try to save a dinosaur-like creature.
8.00 **Secrets of the Zoo** Baby otters learn how to swim, and a newborn giraffe must master three essential skills for survival. **9.00** A sloth bear is ready to find a mate, and keepers wrangle a herd of rare onagers into the barn for check-ups.
10.00 **Blitzkrieg Sharks** Exploring the shark's predatory expansion away from the sea.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers: Reloaded**
10.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Examining the discovery of thousands of exoplanets beyond our solar system. **7.00** Scientists and experts explain the importance of NASA's Juno probe. **8.00** NASA's plans to have manned missions to Mars.
9.00 **Planes That Changed the World** 1/3. A look at the SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft. **10.00** 2/3. A look at pioneering aircraft, starting with the DC3. **11.00** 3/3. A look at the Airbus A380, a double-decked aircraft.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 AM **Combat Dealers: Reloaded** Documentary.
3.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.05 AM **The Dick Emery Show**
11.00 **Secret Army** Double bill.
1.20 PM **Pickwick Papers**
2.40 **The Dick Emery Show**
4.35 **Secret Army** Double bill.
7.05 **Pickwick Papers** 7/12. Pickwick quarrels with Peter Magnus, prompting Miss Witherfield to take action before the conflict ends in a duel. **7.40** 8/12. The friends spend Christmas at Dingly Dell. (S1)
8.20 **The Dick Emery Show** Triple bill of comic sketches.
10.15 **Secret Army** *Invasions:* 2/13. The main safe house is discovered, threatening the lives of the Chantal sisters and the existence of Lifeline. (S3)
11.35 **Louis Theroux: Law & Disorder in Johannesburg** The award-winning journalist visits Johannesburg, where locals have turned to an industry of private security firms.
12.55 AM **Pickwick Papers**
2.15 **The Dick Emery Show**
3.50 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed** Double bill.
10.00 **Someone You Thought You Knew** Double bill of editions.
12.00 NOON **Married with Secrets**
1.00 PM **Obsession: Dark Desires**
2.00 **Evil Stepmothers**
4.00 **Deadly Secrets** Double bill.
6.00 **American Monster** The story of a couple in the throes of divorce and a brutal murder. **7.00** A case centred on a couple living with dark secrets in a wealthy Chicago suburb. **8.00** Exploring a case from 2006, when daycare worker Avis Banks was found shot and stabbed to death.
9.00 **Evil Lives Here** Desiree's life upends when her dad marries a cold and controlling woman.
10.00 **Dead Silent** The terrible attack upon convenience store worker Donna Ferres.
11.00 **Lethally Blonde**
12.00 M'T **Mean Girl Murders**
2.00 AM **Truth About Murder with Sunny Hostin** Double bill.
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Street Outlaws: No Prep Kings** Four editions.
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Texas Metal**
5.00 PM **Kindig Customs** Triple bill of the series, including at: **7.00** Dave restores a Cadillac.
8.00 **Shipwreck Men** Salvage crews compete to reach shipwrecks. **9.00** Ryan scrubs the *Downrite*'s hull in the hope of securing more jobs. **10.00** Family tensions threaten to sink the *Atlantis*.
11.00 **Motor Pickers** Motorcycle enthusiast Ellie wants to find a car that's fun to drive. **11.30** Paul has owned over 250 cars and now wants something exotic. **12.00** M'T A survival expert wants a comfortable sports car. **12.30** AM A 58-year-old man has a cash budget of £25,000 to spend on an SUV.
1.00 **to 5.00** AM **Street Outlaws: No Prep Kings**

+1 hour 261/272

Sky Cinema Premiere

301 301 401 501 515

7.25 AM **Buffalo Kids** As 4.05am.
9.05 **Kraven the Hunter** (2024)
11.20 **Juror #2** Clint Eastwood's thriller starring Nicholas Hoult, Toni Collette and JK Simmons. (2024, 12, 113min) ★★★★
1.15 PM **PREMIERE Rumours**
3.05 **William Tell** As 12.05am.
5.20 **Wicked** Musical fantasy adventure starring Cynthia Erivo, Ariana Grande, Jeff Goldblum and Michelle Yeoh. (2024, PG, 160min) ★★★★

10.15 Rumours

8.00 **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **PREMIERE Rumours** Comedy horror starring Cate Blanchett. The leaders of seven wealthy democracies get lost in the woods while drafting a statement on a global crisis. (2024, 15, 104min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **William Tell** Drama. (2025, 15, 133min) ★★★
2.20 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
4.05 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
5.45 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Anti Heroes

303 303 403 503 517

6.10 AM **The Fast and the Furious** Thriller. (2001, 15) ★★★
8.05 **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
10.05 **The Fast and the Furious: Tokyo Drift** Thriller sequel. (2006, 12, 104min) ★★
12.05 PM **Fast & Furious** Thriller sequel. (2009, 12) ★★★
2.05 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
4.15 **The Godfather** Crime drama. (1971, 15, 167min) ★★★★★

4.15 The Godfather

7.15 **The Godfather Part II** Gangster drama sequel with Al Pacino and Robert De Niro. Having escaped following his mother's murder, Vito Corleone rises to prominence as a feared gangster. Fifty years later, his son consolidates his position as the head of his late father's empire. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **The Godfather Part III** Gangster drama sequel starring Al Pacino, Diane Keaton and Talia Shire. (1990, 15, 162min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 AM **Monkey Man** Action thriller starring Dev Patel. (2024, 18, 121min) ★★★★
3.45 **Lost in Translation** Bittersweet romantic comedy. (2003, 15, 102min) ★★★★★
5.30 **to 7.15** AM **The First Purge** Thriller prequel starring Y'lan Noel. (2018, 15, 98min) ★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Wimbledon** As 2.15am.
8.05 **The China Syndrome** (1979)
10.15 **Breakfast at Tiffany's** Comedy. (1961, PG, 106min) ★★★★★
12.15 PM **Footloose** Teen musical. (1984, 12, 107min) ★★★
2.10 **Nobody's Fool** As 10.25pm.
4.05 **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★
6.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★

8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins, Morgan Freeman and Bob Gunton. A banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **Nobody's Fool** Comedy drama starring Paul Newman as an irresponsible 60-year-old construction worker who hasn't made the most of his life. With Melanie Griffith and Bruce Willis. (1994, 15, 111min) ★★★★

12.20 AM **The Young Messiah** Biblical drama. (2016, 12, 111min) ★★
2.15 **Wimbledon** Romantic sports comedy starring Paul Bettany. (2004, 12, 98min) ★★★
3.55 **to 6.00** AM **The China Syndrome** Suspense thriller. (1979, PG, 122min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

8.00 AM **Ouija: Origin of Evil** Supernatural horror prequel. (2016, 15, 99min) ★★★
9.50 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
11.30 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
2.00 PM **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
4.20 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★

6.20 **Zombieland** Horror comedy starring Woody Harrelson. (2009, 15, 84min) ★★★★
8.00 **King Kong** Peter Jackson's adventure with Naomi Watts, Jack Black and Adrien Brody. A film crew go to a mysterious, unexplored island and encounter a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★
11.10 **The Man Who Fell to Earth** Sci-fi fantasy with David Bowie. (1976, 18, 140min) ★★★★

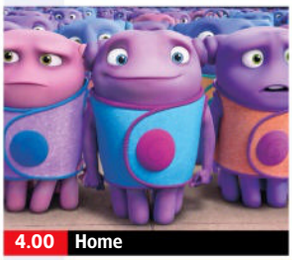
1.35 AM **Star Trek: Nemesis** Sci-fi adventure with Patrick Stewart. (2002, 12, 116min) ★★★
3.35 **Night Swim** Horror with Wyatt Russell. (2024, 15, 98min) ★★
5.20 **to 7.00** AM **Arcadian** Horror thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.10 AM **The Inventor** As 1.35am.
8.05 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
10.00 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
12.10 PM **The Karate Kid Part II** Adventure. (1986, PG) ★★
2.05 **The Karate Kid: Part III** Adventure. (1989, PG) ★
4.00 **Home** As 10.30pm.
5.40 **Beethoven** (1992, U) ★★★
7.25 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★


4.00 Home

Beethoven's 2nd (film started at 7.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **The Cat in the Hat** Comic fantasy starring Mike Myers. When their babysitter falls asleep, two children are visited by a tall and mischievous cat. With Alec Baldwin. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Home** Animated comedy featuring the voices of Jim Parsons and Rihanna. (2014, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Dr Seuss' The Lorax** Animated comedy adventure. (2012, U, 86min) ★★★
1.35 **The Inventor** Animation. (2023, PG, 100min) ★★★
3.20 **Monster House** Animation. (2006, PG, 91min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

7.25 AM **Shrapnel** As 2.55am.
9.00 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
10.45 **Madame Web** Adventure. (2024, 12, 116min) ★★★
12.45 PM **Bad Boys for Life** Action comedy adventure sequel. (2020, 15, 124min) ★★★
3.00 **300** Historical adventure. (2006, 15, 116min) ★★★★
5.05 **Saving Private Ryan** Steven Spielberg's wartime drama. (1998, 15, 169min) ★★★★★

5.05 Saving Private Ryan

8.00 **Aquaman** Adventure starring Jason Momoa, Nicole Kidman and Willem Dafoe. The human-born heir to the kingdom of Atlantis goes on a quest to prevent a war between the worlds of ocean and land. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

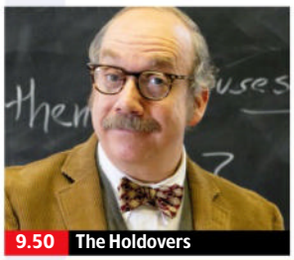
10.25 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Hancock** Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★★
2.55 **Shrapnel** Action thriller. (2023, 15, 89min) ★★
4.30 **to 6.10** AM **Royal Warriors** Thriller starring Michelle Yeoh. (1986, 18, 96min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Sky Cinema Preview**
7.30 **The Five-Year Engagement** Comedy. (2012, 15) ★★★
9.35 **Just Friends** As 6.10pm.
11.15 **About Last Night** As 8.00pm.
1.10 PM **The Naked Gun** Thriller. (1988, 15, 85min) ★★★★
2.50 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
4.30 **The Naked Gun 33⅓: The Final Insult** Comedy sequel. (1994, 12, 83min) ★★★
6.10 **Just Friends** (2005, 12) ★★


9.50 The Holdovers

8.00 **About Last Night** Romantic comedy remake starring Michael Ealy and Joy Bryant. Two people pursue a relationship after a one-night stand, despite the warnings of their friends. (2014, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Holdovers** Comedy starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a student. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Knocked Up** Romantic comedy starring Seth Rogen. (2007, 15, 129min) ★★★★
2.30 **Borat Subsequent Moviefilm** Spoof documentary sequel starring Sacha Baron Cohen. (2020, 15, 95min) ★
4.15 **to 6.00** AM **Movie 43** Comedy sketch compendium. (2013, 15, 90min) ★

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **Out of the Blue** Romantic thriller. (2022, 15, 104min) ★★
9.20 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
11.25 **Force of Nature: The Dry 2**
1.25 PM **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
3.35 **Murder by Numbers** Crime thriller with Sandra Bullock. (2002, 15, 120min) ★★★
5.40 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★

5.40 Jack Reacher

8.00 **Jack Reacher: Never Go Back** Crime action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. With Patrick Heusinger. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Force of Nature: The Dry 2** Action thriller starring Eric Bana and Anna Torv. Two federal agents investigate the disappearance of a hiker. (2024, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Royal Hotel** Thriller starring Jessica Henwick. (2023, 18, 91min) ★★★
1.55 **Dangerous Waters** Thriller. (2023, 15, 101min) ★★★
3.50 **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
5.40 **to 7.25** AM **The Purge** Horror. (2013, 15, 85min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **First Men in the Moon** Tongue-in-cheek adventure. (1964, U, 99min) ★★★
1.05 PM **Muppets from Space** Children's sci-fi comedy. (1999, U, 85min) ★★★
2.50 **Jingle All the Way** Comedy. (1996, PG, 89min) ★★★
4.35 **Local Hero** Whimsical comedy. (1983, PG, 110min) ★★★★
6.50 **Fatherhood** Comedy drama. (2021, 12, 109min) ★★★

6.50 Fatherhood

Fatherhood (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Battleship** Sci-fi action adventure starring Taylor Kitsch and Rihanna. A hot-headed US Navy lieutenant leads the fight back against alien invaders. With Alexander Skarsgård, Brooklyn Decker and Liam Neeson. (2012, 12, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Die Hard** Action thriller starring Bruce Willis and Alan Rickman. A vacationing New York cop tackles a gang of terrorists when they seize control of a tower office block in Los Angeles at Christmas. (1988, 15, 131min) ★★★★★
2.20 **to 4.00** AM **Action Point** Comedy starring Johnny Knoxville. (2018, 15, 90min) ★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.45 AM **Sneaks** Animated comedy. (2025, PG, 92min) ★★
8.25 **Transformers One** Animation. (2024, PG, 104min) ★★★★
10.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
12.00 NOON **Bookworm** Comedy. (2024, 12, 103min) ★★★★
1.50 PM **Cleaner** Action thriller starring Daisy Ridley and Clive Owen. (2025, 15, 97min) ★★★
3.30 **Furiosa: A Mad Max Saga** Fantasy starring Anya Taylor-Joy. (2023, 15, 148min) ★★★★
6.00 **Beetlejuice Beetlejuice** Comedy sequel starring Michael Keaton. (2024, 12, 105min) ★★★★
8.00 **The Fall Guy** Comedy starring Ryan Gosling and Emily Blunt. (2023, 12, 126min) ★★★★
10.10 **Trap** Thriller starring Josh Hartnett. A serial killer attempts to evade a police blockade while attending a concert. (2024, 15, 105min) ★★★★
12.00 M'T **It Ends with Us** Romantic drama starring Blake Lively, Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
2.15 AM **Anora** Comedy starring Mikey Madison and Yura Borisov. (2024, 18, 139min) ★★★★★
4.35 **to 6.20** AM **Bookworm** (2024)

Sky Cinema Greats

304 304 404 504 518

7.15 AM **Rear Window** As 2.40am.
9.10 **Johnny Mnemonic** As 6.20pm.
10.50 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
12.10 PM **Blade Runner** As 8.00pm.
2.10 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
4.10 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
6.20 **Johnny Mnemonic** Sci-fi thriller. (1995, 15, 98min) ★★
8.00 **Blade Runner** Ridley Scott's thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer, Sean Young and Edward James Olmos. (1982, 15, 130min) ★★★★★
10.00 **The Exorcist** Horror starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. With Lee J Cobb. (1973, 18, 121min) ★★★★★
12.05 AM **The Firm** John Grisham thriller. (1993, 15, 155min) ★★★
2.40 **Rear Window** Hitchcock thriller starring James Stewart. (1954, PG, 112min) ★★★★★
4.35 **Sky Cinema Preview**
5.10 **to 6.40** AM **Friendship's Death** As shown at 10.50am.

Sky Cinema Animation

305 305 412 500 514

6.20 AM **The Prince of Egypt** Animation. (1998, U) ★★★★
8.05 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
9.40 **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
11.15 **Piece by Piece** Animation. (2024, PG, 95min) ★★★
12.50 PM **Monsters vs Aliens** Animation. (2009, PG) ★★★
2.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
4.00 **Trolls** Animated musical. (2016, U, 92min) ★★★
5.40 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
7.25 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
8.50 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
10.25 **The Swan Princess** Animated family musical adventure. (1994, U, 89min) ★★★
12.00 M'T **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
1.25 AM **Trolls Band Together** Animation. (2023, U) ★★★
3.00 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
4.35 **to 6.30** AM **Deep Sea** (2023)

Movies 24

312 313 419

7.00 AM **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
9.00 **Deck The Halls on Cherry Lane** Festive drama anthology. (2024, PG, 90min) ★★
11.00 **Following Yonder Star** Festive drama. (2024, PG, 84min) ★★
1.00 PM **A Christmas in New Hope** Drama. (2024, PG, 90min) ★★
3.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
5.00 **Happy Holidays from Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★
7.00 **A Fabled Holiday** Romantic fantasy starring Brooke D'Orsay. Two childhood best friends are reunited in a magical town that returns people to their happiest time. (2022, PG, 90min) ★★
9.00 **Christmas with a Kiss** Drama starring Mishael Morgan. Love blossoms when a woman returns home to help with her family's carnival. (2023, PG, 85min) ★★
11.00 **Twas the Night Before Christmas** (2022, PG) ★★
1.00 AM **A Biltmore Christmas** Fantasy. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Three Wiser Men and a Boy** (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 1/8. (S1)
6.35 **Look at Life** Documentary.
6.45 **Phantom from Space** Sci-fi thriller. (1953, b/w, U, 73min) ★
8.15 **What's On TPTV with Noel**
8.25 **Space Patrol** 20/39. (S1)
9.00 **Batman** 27/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 10/26. (S1)
10.30 **Tim Driscoll's Donkey** Comedy. (1955, b/w, U, 59min) ★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Teenagers from Outer Space** (1959, b/w, PG) ★★
1.45 PM **Cinebox Memories**
1.50 **One Step Beyond** 22/22. (S1)
2.25 **Captain Scarlet and the Mysterons** 29/32. (S1)
3.00 **Landfall** World War Two drama. (1949, b/w, U, 88min) ★★★
4.45 **Hombre** (1966, PG) ★★★
7.00 **Maigret** 6/13. (S1)
8.00 **A Family at War** 10/19. (S2)
9.05 **The Executioner** Espionage thriller. (1970, PG, 110min) ★★
11.20 **Dead Gorgeous** Crime comedy. (2002, 12, 90min) ★★
1.20 AM **Beat Girl** Drama with Gillian Hills. (1959, b/w, 12, 85min) ★
3.05 **Bad Blood** Fact-based thriller. (1981, PG, 109min) ★★
5.15 **Look at Life** Documentary.
5.30 **to 6.00** AM **Out of Town**

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.30 LIVE **Rugby Union Australia v British & Irish Lions.** Coverage of the second Test staged at Melbourne Cricket Ground. Kick-off is at **11.00am**.
2.00 PM LIVE **Test Cricket England v India.** Coverage of day four of the fourth Test staged at Old Trafford in Manchester.
7.00 **Sky Sports News**
7.30 LIVE **World Matchplay Darts** Coverage of the semi-finals on day eight of the tournament from Winter Gardens in Blackpool, with the players needing to win 17 legs to progress to the final.
11.00 LIVE **Premier League Summer Series Manchester United v West Ham United.** Coverage of the pre-season match from MetLife Stadium in New Jersey. Kick-off **12.00m't**.
2.00 AM LIVE **WTA & ATP Tennis** Coverage of the semi-finals on the sixth day of the Washington Open, a hard-court tournament staged at William H.G. FitzGerald Tennis Center in Washington D.C.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** Sheffield United v Wigan Athletic from 2007.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
7.00 PM **Newcastle: The Entertainers**
7.30 **Transfer 360** Nemanja Vidic.
8.00 LIVE **Premier League Summer Series Everton v Bournemouth.** Coverage of the pre-season match from New Jersey, as both teams play their first game of the competition. Kick-off **9.00pm**.
11.00 LIVE **Premier League Summer Series Manchester United v West Ham United.** Coverage of the pre-season match from MetLife Stadium. West Ham did the double over the Red Devils in the league last season. Kick-off **12.00m't**.
2.30 AM **Gary Neville's Soccerbox**
3.30 **PL Greatest Games**
4.00 **PL Best Goals 10/11**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.30 **EFL Best Goals 2017/18**
12.00 NOON **EFL Highlights**
6.00 PM **EFL Highlights** Action from Bristol City v Sheffield United staged at Ashton Gate. **6.30** Coventry City v Sunderland at Coventry Building Society Arena. **7.00** Sheffield United v Bristol City staged at Bramall Lane. **7.30** Sunderland v Coventry City staged at The Stadium of Light.
8.00 **EFL** Sheffield United v Sunderland in the Championship play-off final from Wembley.
9.00 **EFL Cup Highlights** Action from Liverpool v Newcastle United.
10.00 **Best Goals: EFL Cup 24/25**
10.30 **EFL Trophy Football** Action from Birmingham City v Peterborough United in the final.
11.00 **Best Scottish Premiership Goals 2024/25** A look at the finest strikes of the season.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2019/20 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v India.** Coverage of day four of the fourth Test staged at Old Trafford in Manchester. The last time these two sides met in a Test match at this venue, England clinched a big victory as they won by an innings and 54 runs.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India staged at Emirates Old Trafford.
10.00 **Women's One-Day International Cricket**
11.00 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **Best of England v India**
5.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **HotelPlanner Tour Golf**
6.30 **European Seniors Golf**
7.30 **Ladies European Tour Golf**
11.30 **HotelPlanner Tour Golf**
12.00 NOON **European Seniors Golf**
1.00 PM LIVE **Ladies European Tour** Women's Scottish Open.
1.30 LIVE **European Seniors Tour** Senior Open Championship.
7.00 LIVE **PGA Tour** Coverage of day three of the 3M Open.
11.00 **European Seniors Golf**
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **Playing Lessons**
1.00 **PGA Tour Golf** The 3M Open.
2.00 **European Seniors Golf**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **PGA Tour Golf** The 3M Open.
5.00 **to 6.00** AM **European Seniors**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM LIVE **WTA & ATP Tennis** Coverage from the Tours.
3.30 **WTA & ATP Tennis** Highlights.
7.00 LIVE **ATP Tennis** Coverage of the Croatia Open final in Umag.
9.00 LIVE **WTA & ATP Tennis** Washington Open semi-finals.
4.00 AM **Bitesize Tennis**
4.15 **Frances Tiafoe Podcast 2024**
4.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM LIVE **AFL Fremantle Dockers v West Coast Eagles.** Coverage from Optus Stadium in Perth. Bounce-up **7.15am**.
10.00 **Tour de France Men Highlights**
10.30 **TNT Sports Reload**
10.45 LIVE **Tour de France Men** Coverage of stage 20, a 184.2km route from Nantua to Pontarlier.
4.00 PM LIVE **Tour de France Women** Coverage of the first stage, which consists of a 78.8km route from Vannes to Plumelec.
7.00 LIVE **Supertri E World Triathlon Championship** Coverage from the opening race of the season in Toronto, Canada.
9.30 **Power of Olympics**
10.00 **Superbike World Championship** From Hungary.
10.30 **Playing for Our Future: Cricket**
10.45 **International T20 Cricket** West Indies v Australia at Warner Park.
11.45 LIVE **International T20 Cricket West Indies v Australia.** Coverage of the fourth T20 in the five-match series from Warner Park in St. Kitts and Nevis.
4.00 AM **International T20 Cricket**
5.00 **to 6.00** AM **IFSC Climbing World Cup Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **Tour de France Men**
7.00 **Discovery Golf**
7.30 **MotoGP Rewind**
7.45 LIVE **Superbike World Championship** From Hungary.
8.30 **Superbike Rewind**
9.30 LIVE **Superbike World Championship** From Hungary.
10.30 LIVE **British Superbikes** The qualifying session at Brands Hatch.
11.15 LIVE **Women's Circuit Racing World Championship**
12.00 NOON LIVE **Superbike World Championship** From Hungary.
3.15 PM LIVE **British Superbikes** The first day from Brands Hatch.
6.00 LIVE **UFC** The preliminary bouts.
8.00 LIVE **UFC Robert Whittaker v Reinier de Ridder.** Middleweight bout at Etihad Arena, Abu Dhabi.
11.30 **British Superbikes**
12.00 M'T LIVE **MLB Kansas City Royals v Cleveland Guardians.** Coverage of the American League Central game. Start-time **12.15am**.
3.15 AM **TNT Sports Reload**
3.30 **Ultimate Pool** Pairs Cup.
5.00 **to 8.00** AM LIVE **AFL Richmond Tigers v Collingwood Magpies.** Bounce-up **5.10am**.

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
7.00 **Lions Legends** Welsh backs.
7.30 **British and Irish Lions Tour**
8.15 **Lions Legends** Player profile.
8.30 **British and Irish Lions Tour** Australia v British & Irish Lions.
9.30 LIVE **Rugby Union Australia v British & Irish Lions.** Coverage of the second Test of the three-match series staged at Melbourne Cricket Ground. Melbourne also played host to the middle Test as part of the 2013 tour, and on that occasion it was the Wallabies who came out on top courtesy of a 16-15 victory. Kick-off **11.00am**.
2.00 PM **Lions Legends**
5.00 **British and Irish Lions Tour** Australia v British & Irish Lions.
6.00 **Lions Legends** Profiles.
7.00 **British and Irish Lions Tour** Australia v British & Irish Lions from Melbourne Cricket Ground.
11.30 **Lions Legends** Player profiles.
12.00 M'T **Lions 2001: Up Close and Personal** Documentary.
3.30 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
4.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
8.30 LIVE **NRL Penrith Panthers v Wests Tigers.** Coverage of the match from the 21st round of fixtures at CommBank Stadium in Sydney. Kick-off is at **8.30am**.
10.30 LIVE **NRL South Sydney Rabbitohs v Cronulla-Sutherland Sharks.** Coverage of the match from the 21st round of fixtures at Industree Group Stadium. Kick-off is at **10.35am**.
12.30 PM **Sports Saturday**
1.00 LIVE **Ladies European Tour Golf** Coverage of day three of the ISPS HANDA Women's Scottish Open at Dundonald Links in Irvine.
5.00 **Sports Saturday**
6.00 **Sky Sports News**
7.30 LIVE **World Matchplay Darts** Coverage of the semi-finals on day eight of the tournament from Winter Gardens in Blackpool, with the players needing to win 17 legs to progress to the final.
11.00 **Sky Sports News**
12.00 M'T **EFL** Play-off highlights.
1.00 AM **EFL Cup Highlights**
3.00 **EFL** Sheffield Utd v Sunderland.
4.00 **to 6.00** AM **EFL Cup Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **My Icon** Jonnie Peacock.
6.15 LIVE **NRLW Sydney Roosters v Canterbury-Bankstown Bulldogs.** Kick-off **6.15am**.
8.00 **My Icon** Keegan Hirst.
8.15 LIVE **NRLW North Queensland Cowboys v Canberra Raiders.**
10.00 **Test Cricket** England v India.
11.00 LIVE **World Pool Championship** From Jeddah.
3.30 PM **My Icon** Sporting influences.
4.00 **Best of England v India**
4.30 LIVE **Indycar** Java House Grand Prix of Monterey second practice.
5.30 LIVE **World Pool Championship** From Jeddah.
9.00 **European Seniors Golf**
10.00 **The Open** Action from day four.
11.00 **Test Cricket** England v India.
12.00 M'T **PL Greatest Games**
1.00 AM **PGA Tour Golf**
2.00 **European Seniors Golf**
3.00 LIVE **NRLW Parramatta Eels v Newcastle Knights.** K-o **3.00am**.
4.45 **to 6.30** AM LIVE **NRLW St George Illawarra Dragons v Brisbane Broncos.** K-o **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **MotoGP Highlights**
7.00 **TNT Sports Reload**
7.30 **Rylan: Homophobia, Football and Me** Documentary.
8.30 **Tour de France Men Highlights**
9.30 **Fishing: On the Bank**
10.30 **International T20 Cricket**
11.30 LIVE **International T20 Cricket** The final of the Tri-Series.
3.30 PM **The WRC Magazine**
4.00 LIVE **Formula E** Coverage of the London ePrix opening race.
6.30 **International T20 Cricket Highlights** West Indies v Australia.
7.30 **Tour de France Men**
9.00 **Tour de France Women**
10.00 **Rylan: Homophobia, Football and Me** Documentary.
11.00 **MLB Highlights**
12.00 M'T **Tour de France Men**
1.00 AM **Tour de France Women**
2.00 **Rise of the UFC**
3.30 **UFC Reloaded** Archive action.
5.15 **Playing for Our Future: Cycling**
5.30 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League** Ipswich Town v Brighton & Hove Albion. **7.30** Another chance to see Newcastle United v Bournemouth. **9.00** Fulham v Manchester United from Craven Cottage.
10.30 **Ultimate Pool** Pairs Cup.
12.00 NOON **MLB Highlights**
1.00 PM LIVE **British Superbikes** Coverage of the opening day from the fifth round of the season held at Brands Hatch in Kent.
6.00 LIVE **MLB New York Yankees v Philadelphia Phillies.** Coverage of the inter-conference match from Yankee Stadium. Start-time **6.05pm**.
9.15 **MLB: Off the Bat** A round-up of action from Major League Baseball.
9.45 **TNT Sports Reload**
10.00 **AFL** Another chance to see Gold Coast Suns v Brisbane Lions.
11.30 **AFL** Three match replays.
4.00 AM **British Speedway**
5.00 **to 6.00** AM **MotoGP Highlights**

Premier Sports 1

419 551

6.00 AM **Motorsport** Drew Gibson.
7.00 **LaLiga Specials**
8.00 **Transworld Sport** Magazine.
8.55 **LaLiga Specials**
9.55 LIVE **Pre-Season Football Feyenoord v Nice.** From DAS. GOLDBERG Stadion. K-o **10.00am**.
12.00 NOON **Football's Greatest**
12.30 PM **Motorsport** From Le Mans.
1.00 **Transworld Sport** Magazine.
1.55 LIVE **Pre-Season Football Nice v FC St Pauli.** K-o **2.00pm**.
3.55 LIVE **Pre-Season Football FC Schalke 04 v Sevilla.** From Veltins-Arena. Kick-off **4.00pm**.
6.00 **DTM Highlights**
7.00 **LaLiga** Highlights and features.
11.00 **MotorSport** Valentino Rossi.
11.30 **World of FreeSports**
12.00 M'T **FIM Sidecarcross**
1.00 AM **Transworld Sport** Magazine.
2.00 **Euro Le Mans Highlights**
3.00 **LaLiga Highlights**
4.00 **PSA Squash Highlights**
5.00 **to 6.00** AM **NASCAR**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **Temples of Sport**
8.30 **Motorsport** From Le Mans.
9.00 **Major League Cricket**
1.25 PM **FastZone** Motorsports.
1.55 **Bike World** Magazine.
2.25 **LaLiga Specials**
2.55 LIVE **Pre-Season Football Stoke City v Wolverhampton Wanderers.** Kick-off **3.00pm**.
4.55 LIVE **Pre-Season Football FC Kaiserslautern v AS Roma.** Coverage from Fritz-Walter-Stadion. Kick-off is at **5.00pm**.
7.00 **LaLiga Specials**
7.30 **Football's Greatest**
8.00 **Pre-Season Football**
10.00 **CONCACAF Gold Cup**
12.00 M'T **LaLiga Specials**
12.30 AM **Football's Greatest**
1.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
3.00 **NHL: This is Hockey**
3.30 **Champions Cup** A semi-final.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** From Belgium.
8.10 LIVE **Formula 3** Coverage of the Belgian Grand Prix sprint race.
9.10 **F1 Features**
10.00 LIVE **Formula 1** Coverage of the Belgian Grand Prix sprint race.
12.20 PM **Ted's Notebook**
12.40 LIVE **Formula 2** Coverage of the Belgian Grand Prix sprint race.
1.45 **Alonso and Bortoleto IV**
2.00 LIVE **Formula 1** The Belgian Grand Prix qualifying session.
5.00 **Ted's Notebook**
5.30 **Formula 1** Belgian Grand Prix.
7.30 **Ted's Notebook**
8.00 LIVE **Indycar** Qualifying for the Java House Grand Prix of Monterey.
9.00 **Ted's Notebook**
9.30 LIVE **Indy NXT** Race one of the Firestone Grand Prix of Monterey.
10.30 **Indycar** Highlights.
12.00 M'T **Formula 1** Recent action.
1.00 AM **F1 Features**
1.30 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

27 July

Evening Planner

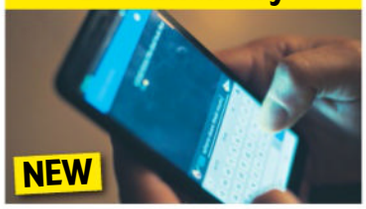
Football

Women's Euro 2025: Final
BBC1 & ITV1, kick-off 5pm
Coverage of tonight's final held in Basel. England's Lionesses triumphed in 2022, beating Germany 2-1 at Wembley.

Documentary

Inside the Cult of the Jesus Army
BBC2, 9pm (box set, BBC iPlayer)
The story of the Jesus Fellowship, from its hippy origins to terrible cases of abuse.

Documentary



Operation Dark Phone: Murder by Text
C4, 9pm (box set, Channel 4 Streaming)
The operation in which police hacked into 60,000 phones used by crime gangs.

Reality

Rich Holiday, Poor Holiday
5, 9pm
Families from opposite ends of the income spectrum swap a Lancashire staycation with five-star luxury in Malta.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 4.00 Football – Live	7.30 Celebrity Escape to the...	8.15 Antiques Roadshow		9.15 The Narrow Road to the...		10.00 News	10.30 Film: Spider...
	102 BBC2	7.00 Today at the Test		8.00 Top Gear		9.00 Inside the Cult of the Jesus Army		10.00 Film: Thirteen Lives	
	103 ITV1	‹ 4.00 Football – Live	7.35 News	8.00 Karen Pirie				10.00 News	10.15 Film: Creed III
	104 CHANNEL 4	‹ 6.30 F1: Belgian Grand Prix Highlights				9.00 Operation Dark Phone: Murder by Text		10.00 The Veil	
	105 5	7.00 Aldi vs Lidl: Which Tastes Better?		8.00 22 Kids & Counting		9.00 Rich Holiday, Poor Holiday		10.00 Killer at the Crime Scene	
	106 SKY SHOWCASE	7.00 McLaren				9.00 S.W.A.T.		10.00 Ricky Gervais: Politics	
ENTERTAINMENT	115 BBC3	7.00 Film: Lyle, Lyle, Crocodile			8.35 The Cast...	9.00 Paranormal: Britain's Last Witch		10.00 Funboys	
	116 BBC4	7.00 London: A Tale of Two Cities with Dan...		8.00 The Great American Songbook with Samara Joy			9.50 The Little Minister		
	118 ITV2	‹ 6.50 Film: Godzilla vs Kong				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	‹ 6.45 Film: Jumanji: The Next Level				9.00 Rick and Morty		10.00 Film: Alita: Battle Angel	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.35 House of the Dragon				9.00 True Detective			10.05 The Wire
	110 U&GOLD	‹ 6.55 Only Fools and Horses		8.15 Dad's Army		8.55 Only Fools and Horses			10.15 Neil & Martin's Bon Voyage
	111 U&DAVE	7.00 Bradford on Duty			8.20 Would I Lie to You?	9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	‹ 3.00 Tour de...	7.30 River Monsters	8.00 Film: Rocky IV					10.05 Tour de France Highlights
	112 COMEDY CENTRAL		7.20 Film: Mr Bean's Holiday			9.00 Film: Bad Neighbours			
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation							
	113 SKY MAX	7.00 Agatha Raisin				9.00 S.W.A.T.		10.00 Freddie Fries Again	
	109 U&ALIBI		7.10 Bookish		8.25 Death in Paradise				
	130 SKY ARTS	7.00 Hitsville: The Making of Motown				9.00 Marvin Gaye: Live at Montreux 1980			10.15 Ray Charles: Live at...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Alaska: Homestead Rescue				10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Nature's Strangest Mysteries: Solved		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Drain the Oceans: Deep Dive		8.00 Lost Ships of WW2		9.00 Titanic: Case Closed			
	123 SKY HISTORY	7.00 History's Greatest Mysteries				9.00 JFK: The Final Evidence			
	155 U&YESTERDAY	7.00 Australia with Simon Reeve				9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 McLaren				9.00 JFK Revisited: Through the Looking Glass			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 The Sloth Lane		8.00 Kraven the Hunter					10.15 Rumours
	302 2025 RECAP	‹ 6.45 It Ends with Us				9.00 Anora			
	303 ANTI HEROES	‹ 4.35 The Godfather Part II		8.00 The Godfather Part III					
	304 GREATS	‹ 6.30 The Naked Gun		8.00 The Naked Gun 2½: The Smell of Fear			9.30 The Naked Gun 33⅓: The Final Insult		
	305 ANIMATION		7.15 Kung Fu Panda 4			8.55 Open Season			10.30 Dr Seuss' The...
	306 SCHOOL'S OUT	‹ 5.45 Kung...	7.20 IF			9.10 Daddy Day Camp			
	307 ACTION	‹ 6.00 Bad Boys: Ride or Die		8.00 Mad Max: Fury Road					10.05 Pain & Gain
	308 COMEDY	‹ 6.05 Nutty Professor II: The Klumps		8.00 Borat Subsequent Moviefilm			9.45 Dumb and Dumber		
	309 THRILLER	‹ 6.00 Collateral		8.00 The Italian Job				9.55 Jason Bourne	
	310 DRAMA	‹ 6.15 Jackie		8.00 The Great Gatsby					10.25 Calvary
	311 SCI-FI	‹ 6.10 I Am Legend		8.00 Dune: Part Two					
	313 FILM4	‹ 6.45 Charlie's Angels				9.00 Transporter 2			
SPORT	401 MAIN EVENT	7.00 The Transfer...	7.30 World Matchplay Darts – Live: Coverage of the final from Winter Gardens in Blackpool					10.00 Tennis – Live	
	402 PREMIER LEAGUE	7.00 MNF Special: Pep Guardiola			8.30 Transfer 360	9.00 Premier League Summer Series		10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 Championship Season Review							
	404 CRICKET	7.00 Women's Vitality T20 Blast – Live		8.00 Test Cricket				10.00 Ashes Greats	10.30 Test Cricket
	410 TNT SPORTS 1	‹ 2.30 Tour de...	7.30 Supertri E World Triathlon...		8.30 The WRC...	9.00 MLB – Live: Action from Major League Baseball			
	411 TNT SPORTS 2	‹ 6.30 MLB – Live: Boston Red Sox v Los Angeles Dodgers (Start-time 6.35)					9.45 UFC		

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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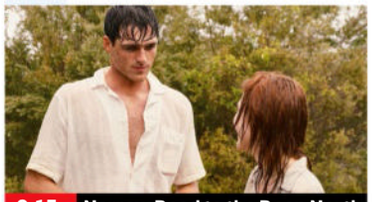
Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Pilgrimage: The Road Through Portugal** Reality series. (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Points of View** New edition (S)
2.05 **Lifeline** New edition (S)(AD)
2.15 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.35 **BBC News** (S)
3.50 **Local News** (S)
4.00 LIVE **Football: Women's Euro 2025** Coverage of the final at St Jakob-Park in Basel, Switzerland. Kick-off is at 5.00. Chloe Kelly's extra-time winner gave England a 2-1 victory over Germany in the 2022 final. *See feature, page 28.* (S)



9.15 Narrow Road to the Deep North

6 PM LIVE **Football: Women's Euro 2025** (started at 4.00pm)

7 PM **7.30** **Celebrity Escape to the Country** Linford Christie, Britain's most decorated sprinter, goes in search of a slower way of life with the help of his daughter and Alistair Appleton. (S)(R)

8 PM **8.15** **Antiques Roadshow** Fiona Bruce presents the show from Portchester Castle on the Hampshire coast, where finds brought in to be valued include a previously unpublished poem by Siegfried Sassoon. (S)(R)

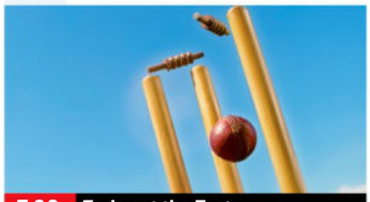
9 PM **9.15** **The Narrow Road to the Deep North** New episode 2/5. The love affair between Dorrigo and Amy flourishes, and the men are exposed to cruelty. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM **10.00** **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Spider-Man: Homecoming** Superhero adventure starring Tom Holland and Michael Keaton. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen weaponry. With Robert Downey Jr. (S)(AD) (2017, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.55 AM **A to Z of TV Gardening** (S)(R)
7.40 **Take a Hike** (S)(R)
8.10 **Countryfile** (S)(R)
9.05 **Beechgrove Garden** New edition
9.35 **Weatherman Walking: The Welsh Coast** (S)(R)
10.05 **Saturday Kitchen Best Bites** New edition With Laura Smyth. (S)
11.35 **Strawbridge Over the Drawbridge** Culinary series. (S)(R)
12.05 PM **This Farming Life** (S)(R)
1.05 FILM **What's Up, Doc?** Comedy starring Barbra Streisand. A man and his dowdy fiancée get mixed up with a kooky young woman. (S) (1972, U, 90min) ★★★★
2.35 FILM **Funny Girl** Musical biopic of Ziegfeld Follies star Fanny Brice, starring Barbra Streisand. (S)(AD) (1968, U, 145min) ★★★★
5.00 **Flog It!** From Duxford. (S)(R)



7.00 Today at the Test

6 PM **6.00** **Countryfile** New edition Adam Henson meets three generations of a farming family whose farm is a large, hi-tech arable operation that is currently going through a number of changes. (S)

7 PM **7.00** **Today at the Test** England v India: Day five of the fourth Test from Old Trafford. England's last victory at this venue against the visitors came in 2014, when they won by an innings and 54 runs. (S)

8 PM **8.00** **Top Gear** Richard Hammond gets behind the wheel of the Alfa Romeo 4C, Jeremy Clarkson puts the McLaren P1 hypercar to the test, and Tom Hiddleston drives the Reasonably Priced Car. (R)

9 PM **9.00** NEW SERIES **Inside the Cult of the Jesus Army** 1/2. Tracing the story of the Jesus Fellowship Church, which was founded in 1969. *See feature, page 21.* (S)(AD)
■ Entire series on BBC iPlayer

10 PM **10.00** FILM PREMIERE **Thirteen Lives** Fact-based drama starring Viggo Mortensen. A rescue mission is organised when boys from a Thai football team and their coach becomes trapped in caves that are flooding. (S) (2022, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Unforgivable** Drama starring David Threlfall. A Liverpool family deal with the aftermath of an act of sexual abuse committed by a member of their own family who is about to leave prison. (S)(R)(AD)
2.00 **Sign Zone: Not Going Out** 6/6. Lee books into a hotel. (S14) (S)(R)
2.30 **Sign Zone: Mandy** (S4) (S)(R)(AD)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's French Adventure** (S)(R)(AD)
6.25 **James Martin's Saturday Morning** With Nigel Havers. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition With Laura Smyth. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** (S)(R)
11.40 **Love Your Garden** (S)(R)(AD)
12.10 PM **ITV News** (S)
12.25 **Ninja Warrior UK** (S)(R)(AD)
1.25 FILM **The Man with the Golden Gun** James Bond adventure with Roger Moore and Britt Ekland. (S)(AD) (1974, PG, 155min) ★★
4.00 LIVE **Football: Women's Euro 2025** Coverage of the final staged at St Jakob-Park in Basel, Switzerland. Kick-off is at 5.00. *See feature, page 28.* (S)(AD)

8.00 Karen Pirie

6 PM LIVE **Football: Women's Euro 2025** (started at 4.00pm)

7 PM **7.35** **ITV News** (S)
7.50 **Local News** (S)

8 PM **8.00** **Karen Pirie** New episode 2/3. Crime drama starring Lauren Lyle and Chris Jenks. With the suspects in focus, the team work together to dive deeper into the case and Catriona's life but Karen hits a brick wall when she comes face to face with Adam's father, Fergus. (S2) (S)(AD)
■ Entire series on ITVX

10 PM **10.00** **ITV News** (S)
10.15 FILM PREMIERE **Creed III** Drama sequel starring Michael B Jordan and Tessa Thompson. When a childhood friend resurfaces after a stint behind bars, Creed is lured back into the ring to settle an old score. With Phylicia Rashad. (S)(AD) (2023, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Teleshopping**
3.00 **Motorsport UK** Highlights from Snetterton, including the Porsche Carrera Cup Great Britain. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** Stage 21. (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.10 AM **Cheers** 8-10/26. (S4) (S)(R)
7.30 **Everybody Loves Raymond** 14-16/22. (S1) (S)(R)(AD)
8.55 **Bake Off: The Professionals** (R)
10.00 **Sunday Brunch** New edition With Irvine Welsh, Tim Minchin, Jim Howitt and Lauren Lyle. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.30 **Four in a Bed** The competition begins at Cedarwood Holidays in St Keverne, Cornwall. (S)(R)
3.00 A visit to The Llawnroc Hotel in Cornwall. (S)(R)
3.30 From The Olde Malthouse in Tintagel, Cornwall. (S)(R)
4.00 The final visit is to the Britannia Inn in Dorset. (S)(R)
4.30 It's payment day. (S)(R)
5.00 **Grand Designs** Tracking the progress on the renovation of a Cornish flour mill. (S)(R)(AD)

10.00 The Veil

6 PM **6.00** **News** (S)
6.30 **F1: Belgian Grand Prix Highlights** Lee McKenzie presents action from the 13th round of the season staged at the Circuit de Spa-Francorchamps. Lewis Hamilton was the victorious driver here last year, with Oscar Piastri second and Charles Leclerc in third place. Analysis from Mark Webber, Alice Powell and Lawrence Barretto. (S)

9 PM **9.00** NEW SERIES **Operation Dark Phone: Murder by Text** 1/4. The story of the biggest ever joint law enforcement operation against a network of organised crime groups. (S)(AD)
■ Continues tomorrow

10 PM **10.00** **The Veil** New episode 2/6. Imogen and Adilah continue on their journey to Paris. (S1) (S)(AD)
■ Entire series on C4 Streaming
10.45 **8 Out of 10 Cats Does Countdown** Richard Ayoade and Harriet Dyer take on Bob Mortimer and Tom Allen. (S)(R)
11.50 **The Couple Next Door** 4-6/6. Triple bill. (S2) (S)(SL)(R)(AD)
2.35 AM **The Simpsons** (S)(R)(AD)
3.50 **Devon and Cornwall: Farming Lives** Documentary. (S)(R)(AD)
4.45 **Find It, Fix It, Flog It** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)
9.05 Entertainment News (S)
9.15 Bargain-Loving Brits in the Sun Documentary. (S)
9.40 Cruising with Jane McDonald
12.25 PM **Cruising with Jane McDonald** 1/4. The singer visits Australia and New Zealand. (R)
1.25 Malta: The Jewel of the Med A tour of the island. (S)(R) **2.25** Malta's olive groves. (S)(R)
3.25 Dorset: Country and Coast A visit to the picturesque market town of Shaftesbury. (S)(R) **4.25** Visiting Poole Quay. (S)(R)
5.25 When Caravan Holidays Go Horribly Wrong Accounts of disastrous caravan vacations, including a grizzly bear incursion in Canada. (S)(R)

8.00 22 Kids & Counting

6.55 News (S)

7.00 Aldi vs Lidl: Which Tastes Better? A comparison of the quality of different food products at the German supermarkets, tasting everything from their biscuits to ready meals. (S)(R)

8.00 22 Kids & Counting New edition Noel and Sue's best friends' 17-year-old daughter Sophie Walker is taken seriously ill and the pair race up to Edinburgh to offer their support. (S)

9.00 NEW SERIES Rich Holiday, Poor Holiday More people find out how the other half live with the super-rich Dissonts sharing holidays with the cash-strapped Leafs. (S)

10.00 Killer at the Crime Scene A look at the murder of 16-year-old Sasha Marsden, whose body was discovered in a alleyway Blackpool and identified using DNA. (S)(R)

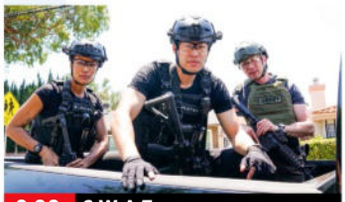
11.05 Cold Case Killers 1/6. The stories behind the Babes in the Wood case of 1986. (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Warship: Life at Sea (S)(R)
4.40 Amazing Railway Adventures with Nick Knowles (S)(SL)(R)
5.25 to 5.35 AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 Funny Talking Animals (S)(R)
6.50 The Brilliant World of Tom Gates (S)(R)(AD)
7.05 Monkey Life (S)(R)
8.30 Sunday Morning with Trevor Phillips Topical discussion.
10.00 F1: Belgian Grand Prix Another chance to see the qualifying for today's race held at Spa-Francorchamps. (R)
12.00 NOON **The Simpsons** (S)(R)
2.30 PM **Rob & Romesh vs Magic in Vegas** The duo join Penn & Teller's show. (S)(R)(AD)
3.30 Rob & Romesh vs K-Pop The world of the music phenomenon. (S)(R)(AD)
4.30 Rob & Romesh vs Hollywood Stunts Film stunts. (S)(R)(AD)
5.30 F1: Belgian Grand Prix



9.00 S.W.A.T.

6.30 Ted's Notebook Ted Kravitz discusses the Belgian Grand Prix staged at Spa-Francorchamps. (R)

7.00 McLaren Director Roger Donaldson's documentary recounting the story of New Zealander Bruce McLaren, who founded the McLaren motor racing team in 1963. He was a man who showed the world that a man of humble beginnings could take on the elite of motor racing and win. (S)(R)

9.00 S.W.A.T. *Gang Unit:* 2/22. When a spree of brutal stash-house robberies spills into LA, the team join with the sheriff's department to unmask a violent crew. (S8) (S)(R)(AD)

10.00 Ricky Gervais: Politics The stand-up comedian and actor performs his second live show at the Palace Theatre in London's West End in 2004. (S)(R)

11.20 The Walking Dead: Dead City 3/8. Maggie must travel to a dangerous place. (S2) (S)(R)
12.20 AM **And Just Like That...** 9/12. *Sex and the City* revival. (S3) (R)
1.00 Brassic 2/8. (S5) (S)(R)(AD)
2.00 The Gilded Age New episode 6/8. Bertha encourages Gladys to stand up for herself. (S3)
3.10 Road Wars Vehicle crime. (R)
4.00 to 6.00 AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
2.15pm Nigel Slater's Dish of the Day (S)(R) **2.35** Our Lives: Guardian of the Night (S)(R) **3.05-3.35** SOS: Extreme Rescues (S)(R) **7.30** Back in the Day (S)(R) **8.00-8.15pm** Weatherman Walking (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
2.35pm The Chronicles of Armagh (S)(R) **3.00 LIVE** All-Ireland Senior Football Championship Final (S) **5.30-6.00** Weather Watchers with Barra Best (S)(R) **10.00** Réiteoir! (S)(R) **11.00 FILM PREMIERE** Thirteen Lives (S) (2022, 15, 140min) ★★★★ **1.20am** Gardening Together with Diarmuid Gavin (S)(R) **1.30-2.00am** Sign Zone: Great British Railway Journeys (S)(SL)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Iolo: Natur Bregus Cymru (AD) **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Cais Quinnell (AD) **12.00noon** Busnes Bwyd **1.00pm** Deuawdau Rhys Meirion **2.05** Taith y Llewod **3.05** Pobol y Cwm Omnibws (AD) **3.30 LIVE** Seiclo: Tour de France **7.15** Newyddion a Chwaraeon **7.30** Hafiach (AD) **8.00** Cefn Gwlad (AD) **9.00** Y Sioe New edition **10.00** Seiclo: Tour de France **10.30-11.35pm** Ysbyty

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **FILM Lyle, Lyle, Crocodile** Musical comedy starring Javier Bardem and Constance Wu. A family move into a New York City house where a singing crocodile has been left to fend for himself by a magician. (2022, PG, 106min) ★★★
8.35 The Cast of Paddington in Peru with Ali Plumb
9.00 Paranormal: Britain's Last Witch 3/4. Sian finds a medium who claims they bring back spirits physically. **9.30** 4/4. Sian discovers new evidence that could prove Helen's abilities.
10.00 Funboys 1/4. Comedy with Rian Lennon and Ryan Dylan. **10.25** 2-4/4. (S1)
11.40 Paddy & Molly: Show No Mersey Double bill.
12.40 AM **Hire Me: Competing for a Dream Job** Creating a Foot Locker advert.
1.10 Paranormal: Britain's Last Witch Double bill.
2.10 Funboys 1-4/4. (S1)
3.45 to 4.00 AM **Pobl Bachyn**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **London: A Tale of Two Cities with Dan Cruickshank** How the city coped with the disastrous events of the 17th century.
8.00 NEW The Great American Songbook with Samara Joy A BBC Proms concert by American jazz singer Samara Joy.
9.40 NEW Helen Mirren Remembers... The Little Minister The 1975 BBC adaptation of JM Barrie's play.
9.50 The Little Minister Adaptation of JM Barrie's play starring Ian Ogilvy and Helen Mirren. A priest falls in love with a Gypsy who incites a Luddite riot.
11.35 The Remarkable Journey of Bernard Levin The life and career of the influential journalist and broadcaster.
12.30 AM **The Great American Songbook with Samara Joy** As shown at 8.00pm.
2.10 to 3.10 AM **London: A Tale of Two Cities with Dan Cruickshank**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** The first of a week of dinner parties in Birmingham. **4.05** A project manager plans a meticulous menu. **4.40** A blue chicken and pink mash shocks the guests. **5.10** A contemporary witch plans an enchanting meal. **5.40** A carer serves up some 'family favourites'.
6.15 Four in a Bed From The Swan Inn in West Sussex.
6.50 Four in a Bed The battling B&B owners visit Osterley Park Hotel in Isleworth. **7.20** From Plover Cottage in Huddersfield, West Yorkshire. **7.55** The final visit of the week is to The Forge Guest Rooms in Leicestershire. **8.25** The winner is revealed.
9.00 999: On the Front Line New edition Paramedics are called out to a young woman who has had a panic attack while driving to work and has pulled over in the middle of rush-hour traffic.
10.00 24 Hours in A&E Junior doctor Silas works his first ever shift in resus.
11.05 Rescue: Extreme Medics A nine-year-old boy is thrown 50 yards off his quad bike.
12.10 AM **999: On the Front Line**
1.15 24 Hours in A&E
3.25 to 3.55 AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 Rude(ish) Tube Shorts
7.25 Ramsay's Kitchen Nightmares USA
10.35 FILM Hotel Transylvania: Transformania Animation. (2022, PG, 87min) ★★★
12.20 PM **The Big Bang Theory** Five episodes. (S2&3)
2.50 The Simpsons
5.30 Lego Masters Australia New edition Contestants must design and build the exterior of a go kart before taking to the track.
6.45 FILM Jumanji: The Next Level Fantasy sequel starring Dwayne Johnson and Karen Gillan. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★
9.00 Rick and Morty New episode 9/10. Morty experiences some father-son time. **9.30** 8/10. Jerry hits the road and makes a friend. (S8)
10.00 FILM Alita: Battle Angel Sci-fi adventure starring Rosa Salazar and Christoph Waltz. In the 26th century, a cyborg is repaired by a kindly technician with a dark secret. With Jennifer Connelly. (2019, 12, 117min) ★★★★
12.25 AM **Gogglebox**
1.30 Below Deck Down Under
4.05 to 6.00 AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.30 **Caught Red Handed** Six editions, including at: **9.45** Looking at efforts to stop people endangering their lives on the train tracks. **10.30** A robber who snatched a mobile phone. **11.15** A police officer with a remarkable memory.
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare** Ten editions of the documentary.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

10 PM
10.00 **The Rookie** *Wildfire:* 8/18. Nyla remains suspicious of Glasser as a wildfire erupts, causing chaos in the city. (S7)
11.00 **FBI: International** (S3)
1.00 AM **FBI** 20/22. (S5)
2.00 **Elsbeth** New episode 12/20. The lawyer investigates a mysterious death. (S2)
3.00 **Matlock** 1/19. (S1)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
9.15 **Six Feet Under** (S1&2)
2.55 PM **House of the Dragon** 4/10. Rhaenyra continues her search for a suitable match. **4.10** 5/10. Viserys and Rhaenyra broker agreements with the Velaryons. **5.20** 6/10. Rhaenyra navigates continued speculation about her children. **6.35** 7/10. King Viserys calls for an end to infighting between members of the Great Houses. (S1)

9.00 True Detective

7.45 **House of the Dragon** *The Lord of the Tides:* 8/10. Six years later, the succession plans for Driftmark become critical, and Rhaenyra strikes a bargain with Rhaenys. (S1)

9.00 **True Detective** *Maybe Tomorrow:* 3/8. Ray and Ani have a close call with the killer. (S2)

10.05 **The Wire** – *30 –:* 10/10. Carcetti orders a cover-up after Daniels tell hims that McNulty fabricated the serial killer story. (S5)
11.45 **Succession** 4&5/10. (S2)
2.05 AM **The Gilded Age** New episode 6/8. Bertha encourages Gladys to stand up for herself and her new husband, while George. (S3)
3.15 **The Leftovers** 5/10. (S2)
4.15 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0**
8.00 **NCIS: Los Angeles** (S13)
12.45 PM **Grimm** 21/22. Black Claw tightens its grip on Portland. **1.45** 22/22. Black Claw makes a move against Hank. (S5) **2.45** 1/13. Captain Renard claims power as the mayor-elect of Portland. **3.45** 2/13. Hank and Wu find a way to stop Renard. (S6)
4.45 FILM **Stargate** Sci-fi adventure starring Kurt Russell and James Spader. (1994, PG, 125min) ★★★★

9.00 S.W.A.T.

7.00 **Agatha Raisin** *Love, Lies & Liquor:* 2/4. The sleuth is whisked away on holiday, but she finds herself the prime suspect when a hotel guest is found murdered and has to find the culprit so she can clear her name. (S4)

9.00 **S.W.A.T.** New episode *Gang Unit:* 2/22. The team join with the sheriff's department to unmask a violent crew. (S8)

10.00 **Freddie Fries Again** 6/6. Andrew Flintoff and Rob Penn travel to Ireland, where the pair spend a morning with two mystics.
11.00 **The Walking Dead: Dead City** 3/8. Negan tries something with the Croat, and Maggie travels to a dangerous and surprising place. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Brassic** 2/8. (S5)
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Totally Bonkers Guinness World Records**
7.55 **Dress to Impress**
8.50 **Next Level Chef USA**
10.40 **Deal or No Deal**
12.40 PM **99 to Beat**
1.45 **Celebrity Catchphrase**
2.50 FILM **Rio** Animated comedy featuring the voices of Jesse Eisenberg and Leslie Mann. (2011, U, 96min) ★★★★
4.45 FILM **The Bad Guys** Animated comedy adventure. (2022, PG, 100min) ★★★

4.45 The Bad Guys

6.50 FILM **Godzilla vs Kong** Sci-fi adventure starring Alexander Skarsgård. King Kong and his protectors undertake a journey to locate his true home, but find themselves in the path of Godzilla. (2021, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

10.00 **Love Island: Aftersun** New edition Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 10/18. Peter creates a younger alter-ego. **11.35** 3/18. Peter and Lois open a cookie store. (S13)
12.05 AM **American Dad!** (S12&11)
1.05 **Iain Stirling's CelebAbility**
1.50 **Buffering** 3/6. (S1)
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Lewis** *Fearful Symmetry.*
8.05 FILM **Carry On Girls** Comedy starring Sid James and Joan Sims. (1973, PG, 88min) ★★
9.45 **Agatha Christie's Poirot**
11.40 **Foyle's War** *War Games.*
1.50 PM **The Darling Buds of May** 1/7. First episode of the drama. **2.55** 2/7. Charley's career hangs in the balance. (S1)
4.00 **Agatha Christie's Marple** *A Pocket Full of Rye:* The nursery rhyme *Sing a Song of Sixpence* is connected to a series of murders.

8.00 Doc Martin

6.00 **Midsomer Murders** *Death in a Chocolate Box:* A sex scandal resurfaces following the murder of a former detective.

8.00 **Doc Martin** *Control-Alt-Delete:* 5/8. Louisa and Martin's picnic is interrupted by a vet who seems to be hallucinating.

9.00 **Doc Martin** *Other People's Children:* 6/8. Martin uncovers a health scare at James's first birthday party. (S7)

10.00 **Vera** *Castles in the Air:* The detective investigates the murder of a young physiotherapist at a luxury country retreat.
12.00 M'T **Without Sin** 1/4. A woman meets the man imprisoned for the murder of her daughter. **1.00** AM 2/4. Stella struggles to believe Charles. (S1)
2.00 **On the Buses**
2.30 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Restoring a historic carriage.
8.00 **Paramedics on Scene** A man takes a tumble off an electric scooter and hits his head, but is reluctant to go to A&E.
9.00 **Nightsleeper** 1/6. Thriller starring Joe Cole. A train is taken over by cyber terrorists on a night-time journey. **10.00** 2/6. The cyber attack prevents Abby from seeing obstacles in the train's path. (S1)
11.00 **Still Game** 7/9. Jack and Victor celebrate 60 years of friendship with a slap-up meal. (S2)
11.30 PM **to 12.00** M'T **Scot Squad** 5/5. PCs Hugh McKirdy and Surjit Singh pick up a furry friend on their travels. (S3)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
10.15 **Silicon Valley** (S4&5)
1.10 PM **Girls** 1-4/10. (S2)
3.30 **Curb Your Enthusiasm**
6.30 **The Office (US)** 9/24. Robert California puts Andy in a tricky situation. **7.00** 10/24. Andy hopes to make each employee's Christmas wishes come true. **7.30** 11/24. Dwight explores corporate opportunities externally. **8.00** 12/24. The staff attend one last party at Robert's house. **8.30** 13/24. Jim comes under fire when he skips work to spend time with Pam and the baby. (S8)
9.00 **Veep** 7&8/10. (S2)
10.15 **Ricky Gervais: Politics**
11.35 **Entourage** 7&8/8. (S1)
12.40 AM **And Just Like That...** 9/12. (S3)
1.20 **Sex and the City** (S6)
2.40 **Somebody Somewhere**
3.50 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Tosca: Orchester der Wiener Staatsoper**
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **Discovering**
3.00 **Opry Live**
4.00 **André Rieu: Love Is All Around**
6.00 **Tate Britain**
7.00 **Hitsville: The Making of Motown**
9.00 **Marvin Gaye: Live at Montreux 1980** The singer's performance at the Swiss jazz festival.
10.15 **Ray Charles: Live at Montreux** From 1997.
11.45 **Alfred Hitchcock Hour**
12.45 AM **Gloria Gaynor: I Will Survive**
3.00 **Cleo Laine: The Unseen Home Movies**
4.00 **The Great Songwriters**
5.00 **Discovering: James Brown**
5.30 **to 6.00** AM **Discovering: Stevie Wonder**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Silly Pets** Animation.
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S1)
3.00 **Nothing to Declare**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** *Mother's Day:* 21/22. Tim and Lucy make plans. **9.00** *Day in the Hole:* 22/22. Bradford and Chen go undercover. (S4)
10.00 **NCIS: Los Angeles** *Best Seller:* 11/21. Sam's friend finds himself hunted by enemies from his past. **11.00** *In the Name of Honour:* 12/21. Kensi and Fatima are drugged. (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary**
3.00 **Tenable** Five charity colleagues take part.
4.00 **Tenable for Soccer Aid**
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, in which a contestant tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard in which contestants drop tokens down a choice of four chutes in the hope of winning up to £10,000.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes of the drama, including at: **3.00** PM *Keep the Home Fries Burning:* Jessica investigates a poisoning. **4.00** *Christopher Bundy Died on Sunday:* Jessica investigates the death of a magazine publisher.
5.00 FILM **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
7.20 FILM **Star Trek VI: The Undiscovered Country** Adventure sequel with William Shatner. (1991, PG, 109min) ★★★★
9.40 **The New Avengers** (S1)
11.40 **The Avengers** (S6)
1.50 AM **Randall and Hopkirk (Deceased)**
3.00 **Hart to Hart** (S3)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
6.55 **Motorsport UK**
7.55 **World Rally Championship Highlights** The Rally Estonia.
8.55 **Magnum, PI**
9.55 **Kojak** Double bill.
12.00 NOON **Tour de France Highlights** The 20th stage.
1.00 PM **LIVE LIV Golf** Coverage of the third and final round in Rocester, Staffordshire.
3.00 **LIVE Tour de France** Coverage of the 21st stage from Mantes-la-Ville to Paris.

7.30 River Monsters

7.30 **River Monsters** Extreme angler Jeremy Wade investigates stories of primordial bloodsuckers in the Pacific Northwest.

8.00 **FILM Rocky IV** Boxing drama sequel starring Sylvester Stallone. Rocky returns to the ring to avenge the death of a friend at the hands of a Russian champion. With Dolph Lundgren. (1985, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Tour de France Highlights** Action from stage 21 of the race, a 132.3km route from Mantes-la-Ville to Paris.
11.00 **Berlin Station** 1/10. Drama about a newly appointed case officer who arrives in Berlin to find the source of a leak. (S1)
12.05 AM **The Professionals**
1.00 **BattleBots**
2.00 **Minder**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Dark Storm** Sci-fi thriller with Stephen Baldwin. (2006, 15, 89min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 13/20. The Goa'uld attempt to destroy Atlantis. **5.00** 14/20. McKay gets trapped underwater. (S2)
6.00 **Star Trek: The Next Generation** 13/26. Worf's foster brother violates the Prime Directive. (S7)

7.00 Star Trek: The Next...

7.00 **Star Trek: The Next Generation** *Sub Rosa:* 14/26. Beverly succumbs to the charms of a mysterious stranger.

8.00 **Star Trek: The Next Generation** *Lower Decks:* 15/26. A junior officer is sent on a deadly mission into Cardassian space.

9.00 **Star Trek: The Next Generation** *Thine Own Self:* 16/26. Data losing his memory and awakes to find himself stranded.

10.00 **Star Trek: The Next Generation** *Masks:* 17/26. An alien archiving device begins to transform the *Enterprise*. (S7)
11.00 **The Leftovers** 1/10. Mystery drama starring Justin Theroux. **12.20** AM 2/10. Kevin visits a therapist following a series of disturbing nightmares. **1.20** 3/10. Reverend Jamison tells Nora a devastating secret about her husband. **2.20** 4&5/10. (S1)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Inspector Alleyn Mysteries**
12.20 PM **Death in Paradise**
3.00 **Father Brown** *The Angel of Mercy:* Mrs McCarthy's friend dies in her sleep. **4.00** *The Face of the Enemy:* The priest spies trouble when Lady Felicia returns. **5.00** *The Devil You Know:* A senior police officer is murdered at a bowls match.
6.00 **Bookish** 3/6. There's excitement when a film crew arrive at Archangel Lane. (S1)

8.25 Death in Paradise

7.10 **Bookish** *Deadly Nitrate – Part Two:* 4/6. Book must race against time to uncover the truth, and Jack gets an unexpected answer when he confronts Trottie and Book. (S1)
8.25 **Death in Paradise** *Melodies of Murder:* 8/8. A reggae band's reunion is blighted when the guitarist is found dead. Guest stars Ram John Holder. (S7) **9.40** *Murder on the Honore Express:* 1/8. A passenger is stabbed on the bus to Honore, but when it turns out no one left their seat, Jack and his team are baffled. (S8)

11.00 **Shakespeare & Hathaway: Private Investigators** (S3)
1.00 AM **Pretty Hard Cases** 12/12. Sam and Kelly zero in on the alliance as they infiltrate a ribbon-cutting ceremony. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Only Fools and Horses**
12.15 PM **Only Fools and Horses** Ten episodes, including at: **4.55** As shown at 9.35pm. **5.35** The first episode of the comedy, in which Rodney tires of being dogsbody to Del Boy and decides to move out. **6.15** Del and Rodney celebrate a used-car deal with a night out in the West End. **6.55** Del gets his hands on a statue of a Hindu god – which plunges him into the middle of an age-old feud between rival families.

10.15 Neil & Martin's Bon...

7.35 **Only Fools and Horses** Rodney resolves to extinguish any passion when one of Del Boy's old flames turns up.
8.15 **Dad's Army** A secret weapon goes haywire.
8.55 **Only Fools and Horses** Del spots another sure-fire winner and decides to enter the highly profitable tourist trade. **9.35** The Trotters prepare for war when Del acquires a nuclear fallout shelter.

10.15 **Neil & Martin's Bon Voyage** On the final leg of their journey, the boys ride the famous white horses of the Camargue.
11.15 **Men Behaving Badly** Tony gets a tattoo in a bid to impress Deborah. **11.55** Deborah's new friends make Gary feel old and turn Tony green with envy.
12.30 AM **Men Behaving Badly**
3.25 **to 4.00** AM **Dad's Army**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Cannonball**
8.10 **Storage Hunters UK**
9.10 **The Boat That Guy Built**
10.10 **Guy Martin's WWI Tank**
11.30 **Top Gear** Double bill.
1.30 PM **Storage Hunters UK**
3.30 **Hairy Bikers' Best of British**
5.30 **The Boat That Guy Built** Guy Martin renovates a neglected narrowboat using Industrial Revolution inventions.
6.00 **The Lakes with Simon Reeve** The adventurer explores the impact of humans on the Lake District.

7.00 Bradford on Duty

7.00 **Bradford on Duty** Cameras follow the people dedicated to making their city a better place, including frontline workers.

8.20 **Would I Lie to You?** Comedy panel show, with guests Micky Flanagan, Fiona Bruce, Steve Jones and Claudia Winkleman.

9.00 **Have I Got a Bit More News for You** Amol Rajan hosts the satirical quiz, with Miles Jupp and Andrea Jenkyns.

10.00 **QI** Featuring guests David Mitchell, Dara O Briain and Phill Jupitus.
10.40 **Mock the Week** With Josh Widdicombe.
11.20 **Mock the Week** Featuring Ed Byrne, Milton Jones, Russell Kane and Zoe Lyons.
12.00 M'T **Live at the Apollo** With Suzi Ruffell and Alfie Brown.
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **George Clarke's Amazing Spaces**
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun** Four editions, including at: **6.00** Lee Juggurnauth heads to Dénia in Spain. **7.00** The search for a home in Valencia, Spain.
8.00 **Supercruising: Life at Sea** Dancer Summer adjusts to performing on a rocky stage.
9.00 **Gogglebox** Double bill.
11.05 **24 Hours in Police Custody: The Murder Messages** True-crime.
12.05 AM **Crime Scene Cleaners** Documentary.
1.10 **Super Surgeons: A Chance at Life**
2.10 **One Day in Southport**
3.15 **The Secrets of TikTok Shop: Untold**
3.45 **to 4.45** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **7.00** *A Thousand Words:* 7/24. The team probe a conspiracy jeopardising the safety of ocean mammals. **8.00** *Friendly Fire:* 8/24. A murder case in the States is linked to a string of soldiers killed by friendly fire overseas. (S16)
9.00 **NCIS: Hawaii** *Money Honey:* 17/22. The NCIS team work to catch a dangerous high-value government target. (S2)
10.00 **Law & Order: Special Victims Unit** Double bill of the series. (S15&16)
11.55 **The Resident** (S2)
1.50 AM **Criminal Minds: Evolution** 1/22. (S16)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Tracking a VW Golf involved in a robbery. **6.00** An uninsured motorist tries to pass himself off as his father. **7.00** Reports of gunshots at a party lead to a full-scale firearms operation. **8.00** The firearms team are involved in a doorstep showdown.
9.00 **999: Emergency Call Out** Footage of a dispute over an escaped dog.
10.00 **Surgeons: A Matter of Life or Death** Shahz Ahmed prepares to remove a bone tumour.
11.00 **Skin A&E**
12.00 M'T **Banged Up Abroad**
2.00 AM **Prodigal Son** (S2)
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.35 **Red Bull Soapbox Race**
10.35 **Ice Road Truckers**
12.35 PM **Outback Truckers**
1.35 **Trucking Heavy: Massive Moves**
2.35 **FILM Hellfire** Western starring Bill Elliott. (1949, PG, 90min) ★★★
4.25 **FILM 55 Days at Peking** Historical drama starring Charlton Heston. (1962, U, 154min) ★★★
7.35 **FILM Operation Daybreak** World War Two drama starring Timothy Bottoms. (1975, 15, 104min) ★★★
10.00 **FILM Out for Justice** Martial arts thriller starring Steven Seagal. (1991, 18, 91min) ★
11.50 **World's Deadliest Weather: Caught on Camera** A huge wildfire threatens to engulf a ranch in California.
12.55 **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **My Family**
11.35 **My Family Christmas Special 2003**
12.15 PM **My Family Christmas Special 2005**
1.25 **My Family Christmas Special 2006**
2.30 **Inside the Ambulance**
3.00 **Outnumbered**
7.00 **Inside the Ambulance** Loz and Dan are called out to a woman who has agonising chest pain. **8.00** A motorcyclist needs urgent treatment.
9.00 **Inside the Operating Theatre** A patient has urgent surgery to repair a detached retina. **10.00** A man has his varicose veins removed.
11.00 **Stacey Dooley: Stalkers** Double bill.
1.00 AM **My Kitchen Rules: Australia** Cookery series.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Death Comes to Pemberley** 3/3. (S1)
8.20 **The Bill**
1.20 PM **The Marlow Murder Club**
4.20 **Catherine Cookson's The Black Candle**
6.40 **Upstairs Downstairs**
8.00 **Sister Boniface Mysteries** *Scoop:* 5/10. A high-level government official's secretary is found dead. (S1)
9.00 **Silent Witness** *Shadows:* Feature-length episode. Harry and Nikki investigate a student's suicide.
11.15 **Whitstable Pearl** *Girl, Whistable Beach:* 1/6. After seven years, a missing young mother is spotted on Whitstable Beach. (S3)
12.15 AM **The Chelsea Detective** 5&6/9. (S2)
2.25 **Hamish Macbeth**
3.15 **to 4.00** AM **Outrageous**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In Merseyside.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family** The stories of people searching for siblings, including a reunited pair who then found out they had an older sister. **8.00** More people reunite with long-lost relatives, including a woman whose Colombian mother gave her up for adoption.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Quiz show.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
4.00 **Tenable** Double bill.
6.00 **The Chase Celebrity Special** Katherine Ryan, George Shelley, Faye Brookes and Bobby Davro play for charity.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Todd Carty, Jo Pavey, Saira Khan and Dominic Holland work as a team to take on the Chaser and secure a cash prize for charity.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.00 AM **Battle Honours**
9.10 **Wanted: Dead or Alive**
10.10 FILM **Between Heaven and Hell** War drama. (1956, PG, 94min) ★★
12.15 PM FILM **Heaven Knows, Mr Allison** Romantic drama. (1957, PG, 100min) ★★★★
2.35 FILM **The Man with the Gun** Western. (1955, b/w, PG, 88min) ★★★
4.35 FILM **The Wonderful Country** Western. (1959, U, 98min) ★★
6.50 FILM **Broken Lance** Western. (1954, U, 96min) ★★★★
9.00 FILM **Lawman** Western. (1970, 15, 99min) ★
11.15 FILM **Bad Man's River** Spaghetti Western. (1972, 12, 90min) ★
1.30 AM FILM **Super Eruption** Disaster movie. (2011, 15, 89min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

6.00 AM **Highlights**
8.00 **Paddington Station 24/7**
9.00 **Air Rescue** Documentary.
9.30 FILM **Island of Shadows** Thriller. (2020, 12) ★★
11.25 FILM **Garage Sale Mysteries: The Art of Murder** (2017, PG) ★★
1.20 PM FILM **The Beach Murders: Garage Sale Mystery** (2017, PG) ★★
3.15 FILM **Murder 101: If Wishes Were Horses**
5.10 FILM **Murder 101: Locked Room Mystery**
7.05 FILM **An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG) ★★
9.00 FILM **Garage Sale Mysteries: Pandora Box Murders** (2018, PG) ★★
10.55 FILM **Til Death Do Us Part: Aurora Teagarden Mysteries** (2021, PG) ★★
1.00 FILM **Twisted Sisters** Drama. (2016, PG) ★★
3.00 **to 6.00** AM **Highlights**

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM FILM **Love Struck Cafe** Romantic drama. (2017, PG, 84min) ★★
10.05 FILM **Love Is a Piece of Cake** Romantic drama. (2020, PG, 90min) ★★
12.00 NOON FILM **Love's Second Chance** Drama. (2020, PG, 90min) ★★
2.00 PM FILM **A Love Yarn** Comedy. (2021, PG) ★★
4.00 FILM **As Gouda As It Gets** Comedy drama. (2020, PG, 90min) ★★
6.00 FILM **Be Mine** Drama. (2021, PG, 92min) ★★
8.00 FILM **The Song to My Heart** Romantic drama. (2022, PG, 85min) ★★
10.00 FILM **Fashionably Yours** Romantic comedy. (2020, PG, 84min) ★★
11.55 FILM **Love in Store** Comedy. (2020, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Love Yarn** Comedy. (2021, PG, 90min) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.30 **The Monkees** (S1)
9.00 **Lucky Feller** (S1)
10.00 **Thick as Thieves**
11.30 **Carry On Laughing**
12.30 PM **In Loving Memory**
1.30 FILM **On the Beat** Comedy starring Norman Wisdom. (1962, b/w, U, 101min) ★★★
3.30 **Secrets of the Coast**
4.00 **Tracing the Rails**
4.30 **Jack Hargreaves' Old Country**
5.00 **Walking Westward**
5.30 **Jokers Wild** Double bill.
6.30 **That's My Dog**
7.00 **Police Woman** 11/22. (S1)
8.00 FILM **Heather Ann** Drama starring Maurice Roeves. (1983, 15) ★★★
9.00 **The Fantastic Journey**
10.00 **Game On** 4-6/6. (S3)
11.45 **Dark Skies** (S1)
1.45 **Auto Rewind**
2.00 FILM **On the Beat**
4.00 **Stereo Underground**
5.00 **to 6.00** AM **The Fantastic Journey**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Bad Chad Customs**
7.00 **Expedition Bigfoot** In Kentucky, Mireya and Ronny encounter unidentified creatures. **8.00** Bryce discovers a photo of a human-like hand with claws.
9.00 **Legendary Locations** Josh examines places darkened by the past. **9.30** Exploring places where destruction and creation coexist. **10.00** Exploring places where legends never die in Romania, Japan and Germany. **10.30** The mystery of the crystal skulls in Belize, Spain and Scotland.
11.00 **Expedition X** Triple bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Great British Bake Off** Five editions of the contest, including at: **8.00** The contestants are tasked to tackle three types of tart.
9.00 **Forever Summer with Nigella** Pasta with mussels and black rice with squid rings. **9.30** Slow-roasted garlic and lemon chicken. **10.00** Spiced pink soup. **10.30** A seaside feast. **11.00** Summer recipes. **11.30** Za'atar chicken and soba noodles.
12.00 M'T **Forever Summer with Nigella** Double bill.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Global Meltdown** Sci-fi thriller. (2017, PG, 105min) ★
9.00 **The Fall Guy** (S2)
2.00 PM FILM **The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
4.15 FILM **The Lone Ranger** Western adventure starring Clayton Moore. (1956, U, 86min) ★★★
6.00 FILM **Charro!** Western starring Elvis Presley. (1969, U, 98min) ★
8.00 **The Twilight Zone** (S1)
9.00 FILM **Chaos** Thriller with Jason Statham. (2005, 15, 106min) ★★★
11.05 FILM **Officer Down** Crime action drama starring Stephen Dorff. (2013, 15, 93min) ★★
1.00 AM FILM **Aftermath** Drama starring Arnold Schwarzenegger. (2016, 15, 94min) ★★
2.55 **to 4.50** AM FILM **Fighting Back** Thriller. (1982, 15, 98min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM FILM **Wyvern** Monster movie. (2009, 15, 84min) ★★
8.00 FILM **Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
10.00 FILM **The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
12.00 NOON FILM **2021: War of the Worlds** Thriller. (2021, 12, 78min) ★★
2.00 PM FILM **Shark Season** Disaster thriller. (2020, PG, 87min) ★★
4.00 **The A-Team** (S4)
9.00 FILM **The Medusa Touch** Horror thriller starring Richard Burton. (1978, PG, 109min) ★★
11.10 FILM **Dr Terror's House of Horrors** Horror starring Peter Cushing. (1964, PG, 98min) ★★★
1.10 **to 3.00** AM FILM **Await Further Instructions** Horror. (2018, 15) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **UFO Hunters**
12.00 NOON **Evidence of the Unexplained**
1.00 PM **Mysteries from Above** Six editions.
7.00 **Cities of the Underworld**
8.00 **Curse of Skinwalker Ranch** Links in the phenomena observed at Skinwalker Ranch. **8.30** A review of evidence that the team has documented so far.
9.00 **Forbidden History** Experts investigate the Codex Gigas, also known as the 'Devil's Bible'.
10.00 **Egypt's Unexplained Files** Double bill.
12.00 M'T **Close Encounters Down Under**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Battle of Midway: The True Story**
10.00 FILM **Torpedo Run** World War Two drama. (1958, U, 98min) ★★
12.00 NOON **Columbo: Murder Under Glass**
1.30 PM **Columbo**
7.30 **Columbo: Publish or Perish** *Publish or Perish:* The sleuth tries to prove that a publisher hired a hitman to kill an author threatening to sign with a rival company.
9.00 **The Greatest TV of the '80s** The best shows of the decade, featuring clips from *Dallas, Dynasty* and *Blind Date*.
11.00 **The Greatest TV of the '70s** A look at the best shows of the decade.
1.00 AM **Nazi Megastructures**
2.00 **Hurricane Apocalypse: Drain the Oceans**
3.00 **Drain the Oceans**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the series in which people search for their ideal rural retreats.
6.00 **Mini Reni** Joanna Gaines creates an indoor garden-feel for a house interior. **6.30** With her youngest child moving to the big kids' room, Joanna Gaines expands her kitchen into his old bedroom and creates the pantry of her dreams.
7.00 **A Place in the Sun** Six editions of the series offering property advice.
1.00 AM **Bargain Mansions** Tamara and Ward discuss the best kitchens they've designed.
2.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
9.00 **Jay & Pamela** Jay and Pamela finally make a move toward finding a new apartment.
10.00 **Trixie Motel: Drag Me Home** Trixie and David demo the home's original fireplace.
11.00 **Body Parts**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Trixie Motel: Drag Me Home** As 10.00pm.
3.00 **Body Parts** As 11.00pm.
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S2&3)
1.00 PM **Friends** 5-16/25. (S3)
7.20 FILM **Mr Bean's Holiday** Comedy with Rowan Atkinson and Willem Dafoe. (2007, PG, 89min) ★★★
9.00 FILM **Bad Neighbours** Comedy starring Seth Rogen. A suburban couple enter into a game of one-upmanship with the student household next door. (2014, 15, 93min) ★★★
10.55 **Police Squad!** 5/6. Drebin steps in to help a dance teacher. **11.25** 6/6. Lt Drebin poses as a nightclub entertainer. (S1)
11.55 **Whose Line Is It Anyway? USA**
12.55 AM **South Park** (S12)
3.20 **The Pep Talk**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S2&3)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 5/25. Actor Isabella Rossellini makes Ross's day. **7.30** 6/25. The pals are persuaded to reveal their darkest secrets. **8.00** 7/25. Joey teaches a soap opera acting class. **8.30** 8/25. Phoebe convinces herself she is a walking jinx. (S3) **9.00** 16/25. Part two of two. Carol and Ross spice up their marriage. **9.30** 17/25. A gift lands Chandler in trouble. (S6)
10.00 **Friends** (S6&7)
2.00 **Impractical Jokers**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
8.00 **Nothing to Declare**
1.00 PM **The Ark** 8-12/12. (S2)
6.00 **Highway Patrol**
9.00 **Stella** 1/6. Stella finds herself torn between Pontyberry and starting a new life abroad. **10.00** 2/6. Stella knows she must confess her secret to Michael, while Luke and Zoe get life-changing news. **11.00** 3/6. Things end up getting too much for Aunty Brenda. **12.00** M'T 4/6. A nasty surprise leaves Stella fighting to save her and Michael's relationship. **1.00** AM 5/6. Ponty Partners hosts its first matchmaking night. **2.00** 6/6. The last-ever episode. The day of Stella's graduation day arrives. (S6)
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** A married woman tries to uncover her online suitor's identity.
9.00 **Badass Brides** A bride sets her heart on a themed ceremony.
10.00 **Ink Master: OGs vs. Young Guns** A shocking elimination shakes up the competition.
11.00 **Jersey Shore Family Vacation** The squad party on Halloween.
12.00 M'T **Caught in the Act: Unfaithful**
1.00 AM **Skin A&E**
2.00 **I Used to Be Fat**
2.45 **Catfish: Worst Offenders** Reality series.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM Two brothers team up with their girlfriends to build a challenging yurt. **4.00** Novice builders face delays while building a country cottage in Georgia. **5.00** A couple plan to build their home out of straw bales in the Arizona desert.
6.00 **Filthy Fortunes** The team are in the Pacific Northwest to tackle a barn that us full of military paraphernalia.

7.00 Moonshiners

7.00 **Moonshiners** New edition Mark and Digger scramble to hide evidence, only to discover the law is a step ahead.
8.00 **Alaska: Homestead Rescue** Marty responds to a new call for help from the Welchels, who struggle to manage their 40-acre homestead after their ranch hand left.
10.00 **Street Outlaws: Locals Only** New England Dragway hosts Farmtruck and AZN and the next Locals Only event.
11.00 **Roadworthy Rescues** Derek teams up with his brothers to get their grandfather's grain truck running.
12.00 M'T **Alaskan Bush People** Billy faces a medical crisis.
1.00 AM **Alaskan Bush People**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Tiny Terror**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Animal Cribs** The team build a cats-only treehouse. **4.00** A project to transform a cramped condo for two cats and a rescue dog. **5.00** A family's two Nigerian dwarf goats are wreaking havoc in their backyard.
6.00 **Bad Dog!** A labradoodle is obsessed with getting food.

9.00 The Zoo

7.00 **How Do Animals Do That?** A look at what lions say when they roar. **7.30** Why kiwi birds lay monster-sized eggs.
8.00 **Nature's Strangest Mysteries: Solved** A whale captures a diver. **8.30** How spiders covered a town in webs.
9.00 **The Zoo** Three penguin chicks have their first swim in the pool, and the mandrill monkey troop welcome a new baby.
10.00 **Tanked** Actor Mario Lopez helps the ATM team transform a 1990s video-game console into an interactive aquarium.
11.00 **Alaska: The Last Frontier** Atz Lee and Jane come face-to-face with a grizzly bear.
12.00 M'T **Fish or Die**
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Nature's Strangest Mysteries: Solved**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
10.00 **Air Crash Investigation**
1.00 PM **Apocalypse: Hitler Takes on the East** Double bill.
3.00 **Secret Nazi Science** How the Nazis used science to study human constitution.
4.00 **Hitler's Death Army: Das Reich** 1&2/2. Documentary about elite and infamous Nazi German soldiers.
6.00 **Nazi Megastructures: Battle Ready** A look into the development of the German air force during World War Two.

8.00 Lost Ships of WW2

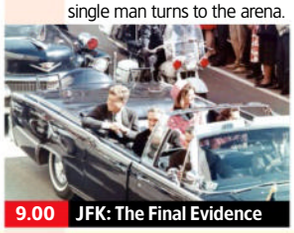
7.00 **Drain the Oceans: Deep Dive** Explore the tragic trail of wreckage at Pearl Harbour, including the HMS *Prince of Wales*.
8.00 **Lost Ships of WW2** New edition The *Petrel* crew hope to spot the wreck of aircraft carrier the USS *Lexington*.
9.00 **Titanic: Case Closed** Tim Malton, author of the book *101 Things You Thought You Knew About the Titanic but Didn't*, explains why he believes that strange atmospheric conditions in the Atlantic were to blame for the cruise liner's demise.
11.00 **To Catch a Smuggler** Attempts to smuggle meth. **11.30** Human smuggling.
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Discovered by Disaster**
7.00 **Pawn Stars** Six editions.
10.00 **Commando Missions**
2.00 PM **Storage Wars** Six editions, of the series, including at: **4.00** Brandi gets nominated for buyer of the week. **4.30** In Rosamond, Ivy and Pops deftly score a fine locker.
5.00 **Colosseum** Commodus, son of Marcus Aurelius, risks his life on the sands of the arena. **6.00** With both Rome and the Colosseum in decline, a single man turns to the arena.


9.00 JFK: The Final Evidence

7.00 **History's Greatest Mysteries** The mysterious disappearance of a former New York Supreme Court judge.
8.00 **History's Greatest Mysteries** Examining the assassination of President John F Kennedy in November 1963.
9.00 **JFK: The Final Evidence** Part one of two. The mystery behind the assassination of President John F Kennedy in 1963.
10.00 **JFK: The Final Evidence** Part two of two. Unravelling the facts from fantasy regarding the mystery behind the assassination.
11.00 **Secrets Declassified with David Duchovny** Stalin's gruesome trials to create a hybrid human-ape super army.
12.00 M'T **The UnBelievable with Dan Aykroyd** The world's most unusual and fascinating customs, including riding tree trunks down slopes.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash**
12.00 NOON **Bangers & Cash: Restoring Classics**
1.00 PM **Warbird Workshop**
3.00 **The World at War** A look at the battle for North Africa. **4.00** Examining the battle for the Atlantic Ocean.
5.00 **Secret Nazi Bases** In 1942, a mysterious technology is facilitating a deadly Blitz. **6.00** As Allied bombing raids escalate, a concrete dome rises from the countryside.

7.00 Australia with Simon Reeve

7.00 **Australia with Simon Reeve** The adventurer and author continues his Australian journey in Kakadu National Park.
8.00 **Australia with Simon Reeve** The adventurer takes to the air to witness devastating fires ripping through the Bush.
9.00 **Classic Car Kings** Irv takes on the restoration of an Escort RS1600i, but it turns out to be a much bigger job than imagined.
10.00 **Bangers & Cash** Paul collects a cherished 1924 Rover 9 that has been owned by the same family since the 1950s.
11.00 **Bangers & Cash** Derek picks up a 1954 Morgan +4 coupe believed to be just one of three still on the road. **12.00** M'T Derek waxes lyrical about a pristine Jaguar XJ8 car and a Ford Model T van tests his skills.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Sunday

7 PM

8 PM

9 PM

10 PM

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
6.00 **The Yorkshire Auction House** A widow returns from Italy, bringing with her a collection of Soviet propaganda.
7.00 **Johnny Vegas' Little Shop of Antiques** Dealer Kris drags Johnny to one of the UK's biggest antique fairs.
8.00 **Salvage Hunters** Drew Pritchard and Alister Dryburgh uncover a collection of vintage motorbikes.
9.00 **The Repair Shop**
12.00 M'T **Massive Engineering Mistakes**
2.00 AM **Devil's Canyon**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **True Crime with Aphrodite Jones**
7.00 **True Crime with Aphrodite Jones** Two children killed in a fire set by their mother. **8.00** A man shot outside a nursery school.
9.00 **A Killer's Mistake** Rahim Mohammadi. **10.00** Kelly Cochran.
11.00 **Faking It: Tears of a Crime** Levi Bellfield.
12.00 M'T **Faking It Special**
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
6.05 PM **Citizen Detective** A man makes it his life to identify the victims of a relatively unknown serial killer.
7.00 **Cold Cases Reopened** The case of Mary Hague-Kelly, who was discovered strangled to death in her home. **8.00** A community is left reeling as one of its locals is found dead.
9.00 **The Killer You Know** The case of a mass shooting at the University of Alabama. **10.00** A real estate tycoon is killed after his car explodes.
11.00 **48 Hours** A 14-year-old who was charged with murdering his mother.
12.00 M'T **48 Hours**
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** Investigators lift a fingerprint from a murder victim's pillowcase. **2.30** The disappearance of a six-year-old girl. **3.00** Investigators track down a professional photographer. **3.30** A real death at a murder mystery event. **4.00** The death of a woman in an apparent riding accident. **4.30** Treads and threads enable police to track down a killer.
5.00 **New Scotland Yard Files** Elderly people are found dead in their beds across south London.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Cult Justice**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** True-crime.
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Forensics: Catching the Killer** Alun Kyte.
4.00 **Murdered at First Sight**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **I Love You, Now Die: The Commonwealth vs Michelle Carter**
12.00 M'T **Killer in My Village**
1.00 AM **The Real Manhunter**
2.00 **Murders That Shocked the Nation** The A6 killer.
3.00 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Invention of Surgery** As 12.00m't.
9.30 **Trump's Comeback**
10.35 **China, the US and the Rise of Xi Jinping**
1.00 PM **Spy Ops** Eight editions, including at: **6.10** An assassination campaign leads to car bombs and amphibious operations. **7.10** How locals helped US military operations in Afghanistan. **8.05** The US military recover a sunken Soviet submarine.
8.55 **China, the US and the Rise of Xi Jinping** Martin Smith traces the defining moments for the President of China.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **The Invention of Surgery** The early experiments with ether.
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Julia Roberts**
7.00 **Discovering: Richard Gere**
8.00 **The Directors** Coen brothers.
9.00 **Dear Ms: A Revolution in Print**
11.10 **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
1.00 PM **Terry Venables: A Man Can Dream** Documentary.
3.00 **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former football manager.
5.00 **I Am Bruce Lee** A look at the life and career of the actor and martial artist.
7.00 **McLaren** The life of Bruce McLaren, who founded the McLaren motor racing team.
8.50 **My Icon: Linford Christie**
9.00 **JFK Revisited: Through the Looking Glass** Documentary examining the assassination of US president John F Kennedy.
11.15 **Pantani: The Accidental Death of a Cyclist**
1.15 AM **QPR: The Four Year Plan**
3.00 **King in the Wilderness**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
9.00 **Animal Senses** Six editions.
12.00 NOON **Animal Empires**
2.00 PM **Arabian Seas** The sharks and rays that patrol Arabia's coral reefs for their prey. **3.00** A look at the creatures found in Arabia's coral reefs. **4.00** The explosion of life off the coast of Oman. **5.00** The scorching sun creates huge algae growth. **6.00** The sea turtle's plight.
7.00 **Secret World of Sound with David Attenborough** The broadcaster learns the different ways that animals use sound. **8.00** A focus on mating calls and warning signals. **9.00** How animals communicate in their quest for survival.
10.00 **Africa's Wild Year** Double bill.
12.00 M'T **Kui Buri: Thailand's Hidden Eden** Documentary.
1.00 AM **The Invisible River: Under Water Between the Black Forest and the Vosges**
2.00 **Secret Life of the Wombat**
4.00 **to 6.00** AM **Wildlife ER**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **History's Greatest Myths**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Mysteries of the Ancient Dead** Documentary.
2.00 **Viking Dead** As 6.00pm.
3.00 **Secret Wars Uncovered**
4.00 **Strangest Things**
5.00 **Mysteries of the Ancient Dead**
6.00 **Viking Dead** The remains of two boats filled with bodies.
7.00 **Secret Wars Uncovered**
8.00 **Conspiracy Files: Unsealed** Exploring the likelihood of an extra-terrestrial strike. **8.30** Investigating the world's most secretive organisations.
9.00 **The Nostradamus Effect** The story of three girls who claimed to have met the Virgin Mary.
10.00 **Cursed Histories** The curse of Turco-Mongol conqueror Timur.
11.00 **Close Encounters**
12.00 M'T **Ancient Aliens**
3.00 AM **Spycraft** Documentary.
4.00 **Strangest Things**
5.00 **to 6.00** AM **Greatest Prison Escapes with Billy Hayes**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** Zoe Nelson.
11.00 **Nightmare in Suburbia**
1.00 PM **Cops Who Kill with Will Mellor** Darren McKie.
2.00 **Cops Gone Bad with Will Mellor** James Riley.
3.00 **Murder by Medic**
7.00 **When Missing Turns to Murder** An unexpected prime suspect is identified in a missing persons case. **8.00** A student in Hull who disappeared in 2019.
9.00 **Cold Case Files** A murder is solved 25 years later.
10.00 **Cold Case Files: DNA Speaks** Examining cold cases solved through advancements in DNA.
11.00 **Last Night Out**
12.00 M'T **Secrets of the Bunny Ranch** Documentary.
1.00 AM **Secrets of the Hells Angels**
2.00 **Murder by Medic** Double bill.
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **An Elephant's World**
11.00 **Savage Kingdom**
1.00 PM **Saving the Alps**
2.00 **Legends of Venom**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition Ben and Erin help a stray chicken find a new home.
7.00 **Wild India** Exploring life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
8.00 **Investigation Shark Attack** New edition The team examine a string of incidents in Florida.
9.00 **Cannibal Sharks** Scientists analyse evidence of sharks attacking each other.
10.00 **When Sharks Attack and Why** In 2016, New Caledonia sees an unprecedented five shark attacks, two of them fatal. **10.30** During two summers, Charleston became known for a series of five shark attacks.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Examining how The Tower of London became an infamous prison. **7.00** Experts use underwater archaeology to explore the world's oldest sunken city. **8.00** Experts examine the Sumerian ziggurat of Ur in Iraq.
9.00 **Salvage Hunters: The Restorers** Upholsterer Craig works on a rare French chair. **10.00** Two experts attempt to bring a magician back to life. **11.00** Blacksmith Nev is challenged to restore a wartime aircraft propeller.
12.00 M'T **Shed and Buried** Henry Cole and Sam Lovegrove examine items in Herefordshire. **12.30** AM Uncover some vintage agricultural equipment.
1.00 **Shed and Buried** Double bill.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army** Double bill.
1.25 PM **Pickwick Papers**
2.40 **The Dick Emery Show**
4.40 **Secret Army** Double bill.
7.10 **Pickwick Papers** 9/12. Mr Pickwick meets with his lawyer to discuss his trial for breach of promise. **7.50** 10/12. Mr Pickwick loses his trial against Bardell and has to pay the price. (S1)
8.30 **The Dick Emery Show** Triple bill of comic sketches from the bizarre cast of characters played by the multi-faced funnyman.
10.30 **Secret Army** *A Safe Place:* 4/13. Albert is imprisoned, leaving Monique to deal with a second-time evader. (S3)
11.40 **Louis Theroux: Surviving America's Most Hated Family** Louis returns to visit the Westboro Baptist Church in the wake of the death of its leader.
12.40 AM **Pickwick Papers**
2.00 **The Dick Emery Show**
3.50 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** Double bill.
10.00 **Til Death Do Us Part**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Murder Comes to Town**
4.00 **Swamp Murders**
6.00 **The Killer Beside Me** A stalker who tracked a woman down to carry out a twist plan. **7.00** The disappearance of a therapist from Virginia Beach.
8.00 **Feuds Turned Fatal** Two men start an auto body repair business, but a bitter feud erupts.
9.00 **Signs of a Psychopath** Investigators search a farm for a man and find human remains. **9.30** A racially motivated serial killer confesses to murders.
10.00 **Murder Under the Friday Night Lights** True-crime.
11.00 **Born Evil: The Serial Killer & the Saviour** Documentary.
12.00 M'T **The Lake Erie Murders**
2.00 AM **The Murder Tapes**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Custom Carolina** Five editions, including at: **2.00** PM Tommy and his team are challenged with modifying a Lamborghini Huracan. **3.00** One of the shop's best customers has a big request. **4.00** A client brings Tommy his '73 Chevy Vega for a restoration.
5.00 **Fifth Gear Recharged**
7.00 **Wheeler Dealers** A Chevy Corvette Z06 is worked on. **8.00** Mike and Edd restore a 1973 Chevrolet Camaro. **9.00** Mike Brewer showcases the 1968 Chevy Corvette as an example of a real sports car. **10.00** Mike Brewer bags a Chevrolet Corvette Stingray. **11.00** A part-restored Chevrolet Camaro in California. **12.00** M'T Mike Brewer searches for a Chevrolet Stepside pick-up truck.
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Sacramento** Comedy. (2024, 15, 89min) ★★★
8.00 **PREMIERE The Sloth Lane**
9.40 **Kraven the Hunter** (2024)
12.00 NOON **Rumours** As 10.15pm.
1.50 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
4.30 **Juror #2** Thriller starring Toni Collette and Nicholas Hoult. (2024, 12, 113min) ★★★★
6.30 **PREMIERE The Sloth Lane** Animated family adventure. (2024, PG, 90min)

6.30 The Sloth Lane

8.00 **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

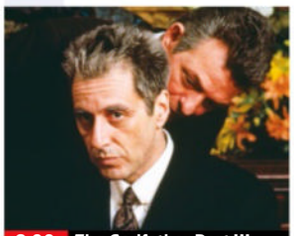
10.15 **Rumours** Comedy horror starring Cate Blanchett. The leaders of seven wealthy democracies get lost in the woods while drafting a statement on a global crisis. (2024, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
1.50 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
3.30 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
5.05 **to 6.40** AM **Sneaks** Animation. (2025, PG, 92min) ★★

Sky Cinema Anti Heroes

303 303 403 503 517

7.15 AM **Hulk** As shown at 3.10am.
9.35 **300** Historical adventure. (2006, 15, 116min) ★★★★
11.35 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
1.35 PM **The Godfather** Gangster drama with Marlon Brando. (1971, 15, 167min) ★★★★★
4.35 **The Godfather Part II** Francis Ford Coppola's crime drama sequel starring Al Pacino. (1974, 18, 200min) ★★★★★



8.00 The Godfather Part III

8.00 **The Godfather Part III** Gangster drama sequel starring Al Pacino as Michael Corleone, now an ageing businessman trying to put his criminal days behind him. With Diane Keaton, Talia Shire, Andy Garcia and Bridget Fonda. (1990, 15, 162min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Kraven the Hunter** Fantasy adventure with Aaron Taylor-Johnson. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Bad Boys** Action comedy thriller with Martin Lawrence. (1995, 15, 118min) ★★★
3.10 **Hulk** Sci-fi action fantasy. (2003, 12, 138min) ★★★
5.30 **to 8.05** AM **The Firm** John Grisham legal thriller. (1993, 15, 155min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Breakfast at Tiffany's** Comedy with Audrey Hepburn. (1961, PG, 106min) ★★★★★
8.05 **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★
10.15 **Calvary** As shown at 10.25pm.
12.00 NOON **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
1.45 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
4.10 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
6.15 **Jackie** Drama starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
8.00 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
10.25 **Calvary** Drama with Brendan Gleeson and Chris O'Dowd. (2014, 15, 99min) ★★★★
12.10 AM **Young Soul Rebels** Thriller starring Valentine Nonyela. (1991, 18, 105min) ★★
2.00 **Bessie** Biopic starring Queen Latifah. (2015, 12, 112min) ★★★
4.00 **Holiday Inn** Musical comedy. (1942, b/w, U, 101min) ★★★★
5.50 **to 7.25** AM **Through a Glass Darkly** Ingmar Bergman's Swedish drama. Subtitled. (1959, b/w, 15, 91min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
9.20 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
11.15 **King Kong** Monster movie. (2005, 12, 187min) ★★★★
2.25 PM **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
4.05 **The Ring** Horror starring Naomi Watts and Martin Henderson. (2002, 15, 115min) ★★★
6.10 **I Am Legend** Sci-fi horror with Will Smith. A military scientist fears he is the last man on Earth after a virus kills most of humanity and turns survivors into vicious nocturnal predators. (2007, 15, 101min) ★★★★
8.00 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.45 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
12.45 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
2.20 **Repo Men** Action thriller with Jude Law. (2009, 18, 111min) ★
4.25 **to 6.05** AM **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.00 AM **Little Vampire** As 12.15am.
7.35 **Scarygirl** As shown at 3.15am.
9.15 **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
10.55 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.30 PM **Beethoven** (1992) ★★★
2.15 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
4.00 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
5.45 **Kung Fu Panda 2** Animated sequel. (2011, PG) ★★★★

4.00 Kung Fu Panda

7.20 **IF** Fantasy adventure starring Ryan Reynolds, Cailey Fleming, John Krasinski and Steve Carell. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Daddy Day Camp** Family comedy sequel starring Cuba Gooding Jr and Paul Rae. Two fathers start a summer day camp with disastrous results. (2007, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Big Fat Liar** Teen comedy starring Frankie Muniz and Paul Giamatti. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Little Vampire** Animation. (2020, PG, 85min) ★★★
1.40 **Monster House** Animated comic horror adventure. (2006, PG, 91min) ★★★★
3.15 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.10 AM **Rear Window** Thriller. (1954, PG, 112min) ★★★★★
8.05 **Saving Private Ryan** Drama. (1998, 15, 169min) ★★★★★
10.55 **Aquaman** (2018, 12) ★★★
1.20 PM **Black Hawk Down** Drama. (2001, 15, 144min) ★★★
3.45 **The Legend of Zorro** Comedy sequel with Antonio Banderas. (2005, PG, 130min) ★★★
6.00 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★

10.05 Pain & Gain

8.00 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy, Charlize Theron and Nicholas Hoult. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Pain & Gain** Dark crime comedy starring Mark Wahlberg, Dwayne Johnson and Anthony Mackie. A trio of bodybuilders go on a kidnapping and extortion spree in 1990s Miami. (2013, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Blade** Action adventure starring Wesley Snipes. (1998, 18, 121min) ★★★
2.30 **Royal Warriors** Crime thriller starring Michelle Yeoh. (1986, 18, 96min) ★★★
4.15 **to 6.35** AM **Fury** War drama. (2014, 15, 134min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **The Holdovers** Comedy. (2023, 15, 133min) ★★★★★
8.20 **Knocked Up** Romantic comedy. (2007, 15, 129min) ★★★★
10.40 **The Men Who Stare at Goats** (2009, 15) ★★★
12.30 PM **Dumb and Dumber** (1994)
2.25 **Dumb and Dumber To** (2014)
4.20 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
6.05 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★

8.00 Borat Subsequent...

8.00 **Borat Subsequent Moviefilm** Mockumentary sequel starring Sacha Baron Cohen. Borat returns from Kazakhstan to America intent on giving his daughter to the vice president. (2020, 15, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Dumb and Dumber** Comedy starring Jim Carrey and Jeff Daniels. Two friends embark on a cross-country journey to return a woman's case. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
1.20 AM **The Naked Gun** Comedy. (1988, 15, 85min) ★★★★
3.00 **The Naked Gun 2½: The Smell of Fear** Comedy sequel starring Leslie Nielsen. (1991, 15, 81min) ★★★
4.40 **to 6.10** AM **The Naked Gun 33 1/3: Final Insult** Comedy sequel starring Leslie Nielsen. (1994, 12, 83min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **Force of Nature: The Dry 2** Thriller. (2024, 15) ★★★
9.20 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
11.30 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
1.45 PM **Jack Reacher: Never Go Back** Thriller. (2016, 12) ★★★
3.50 **Vertigo** Alfred Hitchcock's thriller starring James Stewart. (1958, PG, 128min) ★★★★★
6.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

8.00 The Italian Job

8.00 **The Italian Job** Crime caper starring Michael Caine and Noël Coward. An ex-convict masterminds a massive bullion robbery in Turin. With Benny Hill. (1969, PG, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Jason Bourne** Thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Django Unchained** Quentin Tarantino's Western starring Leonardo DiCaprio. (2012, 18, 165min) ★★★★
3.05 **Sky Cinema Preview**
4.05 **to 6.05** AM **Extremely Wicked, Shockingly Evil, and Vile** Biopic starring Zac Efron. (2019, 15, 110min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Curse of the Mummy** Animated adventure. (2022, PG, 90min) ★★★
12.45 PM **Anastasia** Animation. (1997, U, 94min) ★★★
2.35 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
4.25 **CutThroat Island** Adventure. (1995, PG, 123min) ★★
6.45 **Charlie's Angels** Comedy thriller. (2019, 12, 118min) ★★

9.00 Transporter 2

Charlie's Angels (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Transporter 2** Action thriller sequel starring Jason Statham, Amber Valletta and Hunter Clary. A skilled professional driver tries to rescue the kidnapped son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.45 **Wild Card** Action thriller starring Jason Statham and Michael Angarano. (2015, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM

12.35 AM **Straightheads** British revenge thriller starring Gillian Anderson and Danny Dyer. (2006, 18, 79min) ★
2.10 **to 4.00** AM **Crawlspace** Thriller. (2022, 15, 90min) ★★

+1 hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.20 AM **Fox and Hare Save the Forest** As shown at 4.40am.
7.40 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
9.25 **My Penguin Friend** As 3.00am.
11.05 **Beetlejuice Beetlejuice** Fantasy comedy sequel. (2024, 12, 105min) ★★★★
1.00 PM **The Fall Guy** Comedy. (2023, 12, 126min) ★★★★
3.10 **The Luckiest Man in America**

4.55 **Trap** Thriller starring Josh Hartnett and Ariel Donoghue. (2024, 15, 105min) ★★★★
6.45 **It Ends with Us** Romantic drama starring Blake Lively, Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
9.00 **Anora** Romantic comedy with Mikey Madison, Paul Weissman and Lindsey Normington. (2024, 18, 139min) ★★★★★
11.25 **The Luckiest Man in America** Drama with Paul Walter Hauser. (2024, 15, 90min) ★★★★

1.10 AM **The Line** Drama starring Alex Wolff and Bo Mitchell. (2023, 15, 100min) ★★★
3.00 **My Penguin Friend** Drama. (2024, PG, 100min) ★★★★
4.40 **to 6.00** AM **Fox and Hare Save the Forest** Animation. (2024, U, 71min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Ferris Bueller's Day Off**
8.40 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
10.30 **Beverly Hills Cop** As 10.55pm.
12.30 PM **Beverly Hills Cop II** (1987)
2.30 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
4.30 **Ferris Bueller's Day Off** Teen comedy with Matthew Broderick. (1986, 12, 103min) ★★★★

6.30 **The Naked Gun** Spoof police thriller starring Leslie Nielsen. (1988, 15, 85min) ★★★★
8.00 **The Naked Gun 2½: The Smell of Fear** Police comedy sequel starring Leslie Nielsen. (1991, 15, 81min) ★★★
9.30 **The Naked Gun 33⅓: The Final Insult** Comedy sequel starring Leslie Nielsen. Lt Frank Drebin emerges from retirement and goes undercover to foil a terrorist attack on the Oscars. (1994, 12, 83min) ★★★

10.55 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
12.45 AM **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★
2.40 **Beverly Hills Cop 3** As 2.30pm.
4.25 **to 6.05** AM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Dr Seuss' The Lorax**
8.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
9.40 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
11.10 **Trolls** Animated musical. (2016, U, 92min) ★★★
12.50 PM **Turbo** Animated comedy. (2013, U, 92min) ★★★★
2.35 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★

4.00 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
5.35 **Home** Animated adventure. (2014, U, 94min) ★★★
7.15 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
8.55 **Open Season** Animated comedy. (2006, PG, 86min) ★★★★
10.30 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
12.00 M'T **Trolls Band Together** Animated family musical. (2023, U, 91min) ★★★

1.35 AM **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
3.10 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
4.55 **to 6.35** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

312 313 419

7.00 AM **The Great Christmas Switch** Festive comedy. (2021, PG, 84min) ★★
9.00 **Believe in Christmas** Romantic comedy. (2024, PG, 90min) ★★
11.00 **A Holiday Spectacular** Drama. (2022, PG, 90min) ★★
1.00 PM **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
3.00 **A Christmas Intern** Fantasy. (2023, PG, 90min) ★★

5.00 **Mistletoe in Montana** Romantic drama starring Melissa Joan Hart and Duane Henry. (2021, PG, 83min) ★★
7.00 **Joy For Christmas** Romantic comedy starring Cindy Busby. (2021, PG, 86min) ★★
9.00 **Christmas in Wolf Creek** Comedy starring Tim Rozon and Nola Martin. When a reindeer threatens an annual Christmas play, a struggling couple work together to save Christmas. (2022, PG, 86min) ★★

11.00 **An Unforgettable Christmas** Drama. (2023, PG, 90min) ★★
1.00 AM **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Jolly Good Christmas** (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Tinker** (1949, b/w, U) ★★
7.15 **She's My Darling** Drama. (1937, b/w, PG, 75min) ★★
8.35 **Look at Life** Documentary.
8.45 **Captain Kidd** Adventure. (1945, b/w, PG, 110min) ★★
10.35 **The Beverly Hillbillies** (S1)
11.10 **The Naked Hills** Western. (1956, U, 85min) ★★
12.40 PM **Look at Life** Documentary.
12.50 **Worzel Gummidge** 5/8. (S2)

1.25 **Batman** 27/60. (S2)
2.00 **Pollyanna** Drama adaptation.
4.00 **The Adventures of Robin Hood**
4.30 **The Vise** 2/39. (S1)
5.00 **The Footage Detectives**
6.00 **A Hill in Korea** War drama. (1956, b/w, PG, 75min) ★★
7.40 **Look at Life** Documentary.
7.50 **Sherlock Holmes: Terror by Night** (1946, b/w, U) ★★
9.05 **The Wheeltappers and Shunters Social Club** Comedy.
9.55 **The Long Haul** Crime drama. (1957, PG, 100min) ★★★

11.40 **Budgie** 11/13. (S2)
12.45 AM **The Heritage Chart Show**
1.50 **The Alien Factor** Sci-fi horror. (1978, 12, 80min) ★★
3.20 **The Resurrection of Zachary Wheeler** Thriller starring Leslie Nielsen. (1971, 12, 100min) ★★★
5.25 **to 6.00** AM **Tell Me Another**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **LIVE NRL Canterbury-Bankstown Bulldogs v Manly-Warringah Sea Eagles.** Coverage of the match from the 21st round of fixtures at Allianz Stadium, Sydney. Kick-off **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.15 **LIVE Test Cricket England v India.** Day five of the fourth Test staged at Old Trafford.
1.00 PM **LIVE Formula 1** The Belgian Grand Prix from the Circuit de Spa-Francorchamps.
5.00 **LIVE Test Cricket England v India.** Further coverage of day five of the fourth Test at Emirates Old Trafford in Manchester.
7.00 **The Transfer Show**
7.30 **LIVE World Matchplay Darts** Coverage of the final on day nine from Winter Gardens in Blackpool, where the first player to win 18 legs will be crowned the champion.
10.00 **LIVE ATP Tennis** Coverage of the Washington Open final.
12.00 M'T **LIVE WTA & ATP Tennis** Day one of the Canadian Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** Liverpool v Man City.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **SNF** Highlights.
1.00 PM **Premier League Summer Series** Recent action.
2.00 **SNF** Wolves v Liverpool.
2.30 **Premier League Highlights** Action from Arsenal v Chelsea. **3.00** Highlights from Aston Villa v Manchester United at Villa Park. **3.30** Bournemouth v Newcastle. **4.00** Brentford v Crystal Palace.
4.30 **Premier League Highlights** Brentford v Tottenham Hotspur. **5.00** Brighton v Crystal Palace. **5.30** Action from Brighton & Hove Albion v Newcastle United.
6.00 **Premier League Summer Series**
7.00 **MNF Special: Pep Guardiola**
8.15 **Sticker Book** Bruno Fernandes.
8.30 **Transfer 360** Jurgen Klinsmann.
9.00 **Premier League Summer Series**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
11.00 **EFL Cup Highlights** The best goals from the 2019/20 season.
11.30 **EFL Trophy Football** Portsmouth v Salford City.
12.00 NOON **Championship Season Review** Action from 2013/14. **1.00** PM The 2014/15 season. **2.00** Action from 2015/16. **3.00** The 2016/17 season.
4.00 **Championship Season Review** A look back at the 2017/18 season. **5.00** The 2018/19 season. **6.00** Action from 2019/20. **7.00** The 2020/21 campaign. **8.00** Action from 2021/22. **9.00** The 2022/23 season.
10.00 **Championship Season Review** A look back at the 2023/24 season.
11.30 **EFL Greatest Games** Bradford City v Arsenal in the League Cup quarter-final at Valley Parade. **11.45** Derby County v Hull City from the 2017/18 season.
12.00 M'T **EFL** Highlights from the 2020/21 play-offs at Wembley.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** Coverage of the fifth day's play of the fourth Test staged at Old Trafford in Manchester. England's last victory at this venue against the visitors came in August 2014, as England won by an innings and 54 runs.
7.00 PM **LIVE Women's Vitality T20 Blast** Coverage of the final from The Kia Oval in London.
8.00 **Test Cricket** Action from England v India in the fourth Test at Emirates Old Trafford, Manchester.
10.00 **Ashes Greats** Player profiles.
10.30 **Test Cricket** England v India.
11.30 **Best of ICC WT20**
12.00 M'T **Test Cricket Bitesize**
12.15 AM **Women's One-Day International Cricket**
3.15 **Best of ICC WT20**
3.45 **Test Cricket Bitesize**
4.00 **Best of England v India**
5.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Turkish Airlines Masterclass**
6.30 **HotelPlanner Tour Golf**
7.00 **European Seniors Golf**
8.00 **Ladies European Tour Golf**
12.00 NOON **LIVE Ladies European Tour** Day four of the ISPS HANDA Women's Scottish Open.
4.00 PM **LIVE European Seniors Tour** The Senior Open Championship fourth and final day.
7.00 **LIVE PGA Tour** Coverage of day four of the 3M Open.
11.00 **European Seniors Golf**
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **Playing Lessons**
1.00 **PGA Tour Golf** The 3M Open.
2.00 **European Seniors Golf**
3.00 **Golf Academy** Expert tips.
4.00 **PGA Tour Golf** The 3M Open.
5.00 **to 6.00** AM **European Seniors**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** Day one of the Canadian Open.
7.30 **LIVE WTA & ATP Tennis** The WTA Washington Open final.
10.00 **LIVE WTA & ATP Tennis** The ATP Washington Open final.
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of the opening day of the Canadian Open.
4.00 AM **Bitesize Tennis**
4.15 **ATP Tennis** Doha Open final.
4.30 **Billie Jean King: My Story**
4.45 **Tim Henman Podcast 2024**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE AFL St Kilda Saints v Melbourne Demons.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **6.15am**.
9.00 **Tour de France Men Highlights**
10.30 **LIVE Porsche Supercup** Coverage of the Belgian Grand Prix, the fifth round of the season at Circuit de Spa-Francorchamps.
11.45 **LIVE Tour de France Women** Coverage of stage two, a 110.4km route from Brest to Quimper.
2.30 PM **LIVE Tour de France Men** Coverage of stage 21, a 132.3km route from Mantes-la-Ville to Paris, with the climax being the finish along the Champs-Élysées.
7.30 **Supertri E World Triathlon Championship** From Toronto.
8.30 **The WRC Magazine**
9.00 **LIVE MLB San Francisco Giants v New York Mets.** The National League match from Oracle Park. Start-time **9.05pm**.
12.15 AM **Superbike World Championship** From Hungary.
1.45 **TNT Sports Reload**
2.00 **Tour de France Women**
3.00 **Tour de France Men Highlights**
4.00 **to 6.00** AM **UEC Mountain Bike European Championship**

TNT Sports 2

411 414 522 409 431

8.00 AM **International T20 Cricket**
9.00 **Superbike World Championship**
9.30 **LIVE Superbike World Championship** Coverage from Balaton Park Circuit in Hungary.
10.30 **British Superbikes**
11.00 **LIVE Women's Circuit Racing World Championship** Coverage from Budapest.
12.00 NOON **LIVE British Superbikes** Coverage of the second day from Brands Hatch.
12.45 PM **LIVE Superbike World Championship** Further coverage of races from Balaton Park Circuit in Hungary.
3.00 **LIVE British Superbikes** Further coverage of the second day from Brands Hatch in Kent.
5.30 **MLB Highlights**
6.30 **LIVE MLB Boston Red Sox v Los Angeles Dodgers.** The inter-league match from Fenway Park. Start-time is at **6.35pm**.
9.45 **UFC** Whittaker v de Ridder.
12.45 AM **UFC Reloaded**
3.15 **Supertri E World Triathlon Championship** From Toronto.
4.15 **Kenny Allstar's Number 1's**
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
10.30 **Lions Legends** Profiles.
11.45 **British and Irish Lions Tour**
12.30 PM **Lions Legends**
1.00 **British and Irish Lions Tour** Australia v British & Irish Lions at Melbourne Cricket Ground.
2.00 **Lions Legends** Profiles.
4.00 **British and Irish Lions Tour** Australia v British & Irish Lions: Highlights from the second Test of the three-match series staged at Melbourne Cricket Ground.
5.00 **Lions Legends** Player profiles.
5.30 **British and Irish Lions Tour** Australia v British & Irish Lions: Another chance to see the second Test of the three-match series from Melbourne Cricket Ground.
10.00 **Lions 2001: Up Close and Personal** Documentary surrounding the British & Irish Lions' tour of Australia in 2001.
1.00 AM **British and Irish Lions Tour** The 2021 Test series between South Africa and British & Irish Lions from Cape Town Stadium.
4.00 **Lions Legends** Martin Johnson.
4.15 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **LIVE NRL Canterbury-Bankstown Bulldogs v Manly-Warringah Sea Eagles.** Coverage of the match at Allianz Stadium, Sydney. Kick-off **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
1.00 PM **LIVE Women's World Matchplay Darts** Coverage of the fourth staging of the annual tournament from Winter Gardens, Blackpool, with the quarter-finals, semi-finals and final all taking place in one session.
5.00 **LIVE WTA & ATP Tennis** Coverage of the opening day of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
7.30 **LIVE World Matchplay Darts** Coverage of the final on day nine of the tournament from Winter Gardens in Blackpool, where the first player to win 18 legs will be crowned the champion.
10.00 **LIVE WTA & ATP Tennis** Further coverage of the opening day of the Canadian Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.30 AM **Best of England v India**
7.00 **Test Cricket** England v India.
9.00 **My Icon** Ryan Atkin.
9.15 **LIVE NRLW Cronulla-Sutherland Sharks v Wests Tigers.** Kick-off **9.15am**.
11.00 **European Seniors Golf**
12.00 NOON **My Icon** Nasser Hussain.
12.15 PM **LIVE Women's Vitality T20 Blast** The eliminator match on finals day at The Kia Oval.
3.45 **Ashes Greats** Player profiles.
4.15 **LIVE Women's Vitality T20 Blast** Coverage of the final.
8.00 **Ashes Greats** Archive action.
8.30 **EFL Greatest Games**
9.00 **ATP Tennis** Tournament review.
10.00 **Ashes Greats** Player profiles.
10.30 **Best of England v India**
11.00 **Super League** A match replay.
1.05 AM **Ashes Greats** Archive action.
1.45 **World Matchplay Darts**
5.45 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **Superbike World Championship** From Hungary.
6.30 **TNT Sports Reload**
7.00 **LIVE Summer World University Games** Coverage of the seventh day in Rhine-Ruhr.
12.30 PM **The WRC Magazine**
1.00 **TNT Sports Reload**
1.15 **LIVE UEC Mountain Bike European Championship** The XCO Elite women's race.
3.30 **Discovery Golf** The latest news.
4.00 **LIVE ABB FIA Formula E World Championship** The London ePrix second race.
6.45 **AFL** Two match replays.
9.45 **UEC Mountain Bike European Championship** From Portugal.
11.45 **TNT Sports Reload**
12.00 M'T **LIVE MLB** Coverage of a Major League Baseball match.
3.15 AM **TNT Sports Reload**
3.30 **SailGP Highlights**
4.30 **What I Wore** Best Of.
5.00 **to 6.00** AM **British Speedway**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League**
9.00 **Uphill Climb** Cycling action.
9.45 **LIVE FIM JuniorGP Championship** Coverage from the first JuniorGP race in Aragon.
10.45 **LIVE FIM JuniorGP Championship** Coverage from the first Moto2 race in Aragon.
11.45 **TNT Sports Reload**
12.00 NOON **LIVE British Superbikes** Coverage of the second day from Brands Hatch.
5.30 PM **No Filter Football**
6.00 **LIVE WNBA Connecticut Sun v Golden State Valkyries.** Coverage from Mohegan Sun Arena. Tip-off is at **6.00pm**.
8.00 **Superbike World Championship**
9.00 **Tour de France Highlights**
11.00 **British Superbikes**
12.00 M'T **International T20 Cricket**
1.00 AM **AFL** Two match replays.
4.00 **British Superbikes**
5.00 **to 6.00** AM **Fishing: On the Bank**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **World Surf League**
8.00 **FIM Sidecarcross**
9.00 **UK Independent Kart Racing**
10.30 **LaLiga** Real Madrid v Barcelona.
12.30 PM **LaLiga Specials**
12.45 **Premier Sports Cup**
2.45 **LIVE Premier Sports Cup St. Mirren v Ayr United.** Coverage of the Group D match from The SMISA Stadium. Kick-off **3.00pm**.
5.45 **LaLiga Specials** Goalkeepers.
6.00 **MotorSport** Valentino Rossi.
6.30 **LIVE NASCAR** The Brickyard 400 at Indianapolis Motor Speedway in Speedway, Indiana.
11.00 **MotorSport** Le Mans Classic.
11.30 **Scottish Rally Championship** Action from the Argyll Rally.
12.00 M'T **Transworld Sport**
1.00 AM **Euro Le Mans Highlights**
2.00 **UK Independent Kart Racing**
3.30 **FIM Sidecarcross** In Lommel.
4.30 **Scottish Rally Championship**
5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
7.00 **LaLiga Specials**
8.00 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
10.30 **Bike World** Magazine.
11.00 **Major League Cricket** Another chance to see the final.
3.30 PM **Football's Greatest**
4.00 **LaLiga Specials**
5.00 **Pre-Season Football** Stoke City v Wolverhampton Wanderers.
7.00 **Football's Greatest**
7.30 **Pre-Season Football** A chance to see FC Schalke 04 v Sevilla.
9.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
10.00 **CONCACAF Gold Cup** Another chance to see the final.
12.00 M'T **Football's Greatest**
12.30 AM **Major League Cricket** Another chance to see the final.
5.00 **GP Confidential** A look at all the latest Formula One news.
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **LIVE Formula 3** The Belgian Grand Prix sprint race.
7.00 **F1 Features**
7.25 **LIVE Formula 3** Coverage of the Belgian Grand Prix feature race.
8.30 **F1 Features**
8.55 **LIVE Formula 2** Coverage of the Belgian Grand Prix feature race.
10.15 **F1 Features**
10.40 **LIVE Porsche Supercup** Coverage of the Belgian Grand Prix.
11.30 **F1 Features**
12.30 PM **LIVE Formula 1** Coverage of the Belgian Grand Prix.
5.00 **F1 Features**
6.00 **LIVE Indy NXT** Race two of the Firestone Grand Prix of Monterey.
7.00 **Formula 1** Belgian Grand Prix.
8.00 **LIVE Indycar** The Java House Grand Prix of Monterey.
10.30 **Formula 1** Belgian Grand Prix.
11.30 **Ted's Notebook**
12.00 M'T **to 6.00** AM **Highlights**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

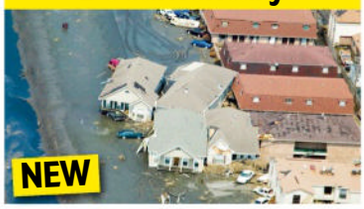
Monday

28 July

Evening Planner

Monday

Documentary



Hurricane Katrina: Race Against Time

National Geographic, 8pm & Disney+

An insight into the devastation caused by the storm in New Orleans 20 years ago.

Documentary

Kamikaze: An Untold History

BBC4, 9pm

Documentary on the suicide missions carried out by Japanese pilots in WW2.

Fantasy Drama

Mayfair Witches

BBC1, 11.10pm (box set, BBC iPlayer)

The fantasy drama returns and Rowan (Alexandra Daddario) is adjusting to life as mother to her extraordinary offspring.

OnDemand

Acorntv

Summertide

Available today

South African drama about widower Martin (Frank Rautenbach) who tries to make a new start after the death of his wife.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 Fake or Fortune?		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Irvine Welsh...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Human		10.00 Mandy	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Shark! Celebrity Infested Waters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 Operation Dark Phone: Murder by Text		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Police: Suspect No 1		10.00 Forensics: Murder Scene	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Airborne		9.00 The Gilded Age			10.10 Royal B**tards: Rise of the...
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 The Agency: Unfiltered		9.00 Billion Dollar Playground			10.30 Fleabag
	116 BBC4	7.00 A Summer...	7.30 Walk the Line...	8.00 Singapore 1942: End of Empire		9.00 Kamikaze: An Untold History			10.30: Brian Clarke...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 G'wed	10.40 Family...
	136 MORE4	‹ 6.55 The Dog House New Zealand		7.55 The Dog House		9.00 Matt Baker: Our Farm in the Dales		10.00 8 Out of 10 Cats Does Countdown	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The Gilded Age			10.10 The Time Traveler's Wife
	110 U&GOLD		7.10 Dad's Army		8.30 Still Open All Hours	9.05 The Vicar of Dibley		10.00 The Royle Family	10.40 Last...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.01 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Formula E Highlights		8.00 King of the Roads		9.00 Film: U.S. Marshals			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Kevin Bridges: The Brand New Tour	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX		7.05 Stargate Atlantis		8.10 Rob Beckett's Smart TV	9.00 Mr Bigstuff		10.00 Film: Don't Tell Mom the Babysitter's...	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Bahrain			9.25 André Rieu: Welcome to My World		10.25 Musical...
	132 U&W	7.00 Inside the Ambulance		8.00 The Secret Life of 4, 5, 6 Year Olds...		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Alaska: Homestead Rescue		10.00 Air Jaws: The Hunt For Colossus	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hurricane Katrina: Race Against Time				10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Holy Marvels with Dennis Quaid		9.00 Pharaohs at War		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 Caribbean with Simon Reeve		8.00 Canal Boat Diaries		9.00 Tropic of Capricorn		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Chimp Crazy		8.00 Escobar by Escobar		9.00 The Inventor: Out for Blood In Silicon Valley			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.10 Rumours		8.00 Kraven the Hunter					10.15 Strange Darling
	302 FAVOURITES	‹ 6.05 I Am Legend		8.00 Furiosa: A Mad Max Saga					10.30 Bad Boys...
	303 ANTI HEROES	‹ 5.50 Kraven the Hunter		8.00 The Beekeeper			9.55 Bad Boys		
	304 GREATS	‹ 6.10 Twins		8.00 HouseSitter			9.45 Junior		
	305 ANIMATION	‹ 5.35 Adventures...	7.30 Penguins of Madagascar			9.10 Open Season 2			
	306 SCHOOL'S OUT	‹ 6.00 The Spiderwick Chronicles		7.50 Jumanji			9.40 Hook		
	307 ACTION	‹ 5.30 Man of Steel		8.00 Superman Returns					10.40 Fury
	308 COMEDY	‹ 6.25 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.45 Earth Girls Are Easy		
	309 THRILLER	‹ 6.20 Unhinged		8.00 The Da Vinci Code					10.35 Swallowed
	310 DRAMA	‹ 6.05 Dear John		8.00 Ghost				10.20 Holiday Inn	
	311 SCI-FI	‹ 5.55 Star Trek Beyond		8.00 Interstellar					
	313 FILM4	‹ 6.55 Belle				9.00 Ticket To Paradise			
SPORT	401 MAIN EVENT	‹ 4.00 Tennis – Live: The Canadian Open							
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 We're Not...	9.30 Gary Neville...	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Season...	7.30 EFL		8.30 EFL Highlights				10.30 SPFL
	404 CRICKET		7.15 Best of England v India	8.00 Test Cricket					
	410 TNT SPORTS 1	‹ 6.00 Ultimate Pool – Live: Coverage of Group 9 of the Pairs Cup					9.30 Shanghai Masters Snooker		
	411 TNT SPORTS 2	7.00 PL Review							

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 NEW SERIES **Animal Park** The keepers race to protect an aging lioness from the pride (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition At Shepton Mallet, Somerset. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 NEW SERIES **The Bidding Room** Nigel Havers assesses a trio of Sinclair C5s and a sculpture. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Fake or Fortune?

7 PM

7.00 **The One Show** Alex Jones and JB Gill present the topical magazine show. (S)
7.30 **EastEnders** Alfie arrives home to a big surprise, Lauren makes a worrying discovery and Harry fears being caught. (S)(AD)

8 PM

8.00 **Panorama** New edition Current affairs. (S)
8.30 **Scam Interceptors** Rav Wilding and Jim Browning investigate the shady world of romance fraudsters and play scammers at their game. (S)(R)

9 PM

9.00 **Fake or Fortune?** New edition 2/4. In a double investigation, Fiona Bruce and art expert Philip Mould attempt to discover if a landscape and a portrait are actually unknown works by French Impressionist artist Pierre-Auguste Renoir. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Phil Wang hosts, with former politician Ruth Davidson and writer Richard Osman joining the regular team captains. (S)(R)
11.10 NEW SERIES **Mayfair Witches** *Lasher:* 1/8. Supernatural drama based on the novels by Anne Rice, starring Alexandra Daddario. Rowan tries to raise Lasher as a child. (S) **11.55** New episode *Ten of Swords:* 2/8. The fully grown Lasher's desires spiral dangerously out of control. *See feature, page 12.* (S2) ■ Entire series on BBC iPlayer
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Antiques Roadshow** Fiona Bruce presents from Pitzhanger Manor in Ealing. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Universe** Professor Brian Cox explores the cosmos. (S)(R)(AD)
5.15 **Flog It!** The team value items at Highcliffe Castle in Dorset. (S)(R)
6.00 **Richard Osman's House of Games** Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell take part in trivia games. (S)(R)
6.30 **Rick Stein's Food Stories** The chef celebrates British food, starting in the Lake District. (S)(R)

9.00 Human

7.00 NEW **Irvine Welsh: The Next Chapter** The author talks about *Men in Love*, a *Trainspotting* sequel. (S)
7.30 **Mastermind** New edition Specialist subjects include Piero della Francesca and Edward III. (S)

8.00 **Only Connect** New edition Oh No They Didn't take on the Pear Tree in the first-round match. (S)
8.30 **University Challenge** New edition Bath University take on Southampton. (S)

9.00 **Human** New edition 3/5. A look at the demise of modern humans' sister species the Neanderthals, with recent insights revealing Homo sapiens' possible role in their eventual downfall. (S)(AD) ■ Entire series on BBC iPlayer

10.00 **Mandy** New episodes 3/6. Mandy's dreams are shattered. (S)(AD) **10.15** 4/6. An old friend brings redemption. (S4) (S)(AD) ■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 FILM **Nine to Five** Comedy drama starring Jane Fonda, Dolly Parton and Lily Tomlin. A trio of sexually harassed office workers turn the tables on their male chauvinist boss. (S) (1980, 15, 105min) ★★★
12.45 AM **Sign Zone: Countryfile** (S)(R)
1.40 **Sign Zone: Ambulance** (S)(R)
2.40 **Sign Zone: Policing Paradise** The K9 unit search for illegal drugs. (R)
3.10 **Sign Zone: How to Win the Ashes: 2005** (S)(R)
3.40 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Roisin Conaty, Rickie Haywood-Williams and Sunetra Sarker trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Shark!

7.30 **Emmerdale** Cain and Moira take revenge on Kim, Mack misses out on his opportunity to express his feelings, and Robert is suspicious of John's heroism. (S)(AD)

8.00 **Coronation Street** Abi's discovery of Kevin's despicable lie propels her into Carl's arms, Sam gives Lily a taste of her own medicine, and a meeting to determine Laila's future takes place. (S)(AD)

9.00 **Shark! Celebrity Infested Waters** New edition 3/5. The famous faces discover that they will be cut adrift on a raft to experience what it is like to be lost at sea in shark-infested waters. (S)(AD) ■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Yorkshire Ripper: The Secret Murders** 2/2. The pressure continues to build on West Yorkshire Police as they step up the hunt for the killer, now being dubbed the Yorkshire Ripper. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** The discovery of a new variant of COVID-19 causes chaos in Heathrow. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Suspicion** 6/8. The suspects prepare to flee, but must decide which way to run. (S1) (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Taste of Malta** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 11-14/26. (S4)(S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 9-12/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple plan a move to Valencia. (S)(R)
4.00 **The Great House Giveaway** Transforming a wrecked terrace house in Burton-on-Trent. (S)(R)
5.00 **Chateau DIY** Ben and Billie turn their boatshed into an outdoor glamping kitchen. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Fun-loving Bedfordshire couple Kevin and Sarah search for a party pad in Almería. (S)(R)

8.00 Michael Mosley: Secrets of...

7.00 **News** (S)

8.00 **Michael Mosley: Secrets of the Superagers** New edition 3/6. Michael focuses on the senses, and learns how people can keep their hearing, smell and vision sharp into old age. (S)(AD)

9.00 **Operation Dark Phone: Murder by Text** New edition 2/4. How one of the users in the encrypted chat was identified as the leader of one of the most dangerous organised crime groups. (S)(AD) ■ Continues tomorrow

10.00 **Crime Scene Cleaners** New edition 5/10. Skeletal remains are discovered in a Reading flat, a man is gunned down in a park in Phoenix, and in an LA tenement block, a body is found under suspicious circumstances. (S)(AD)
11.05 NEW TO C4 **Secrets of the Hells Angels** 3&4/8. (S)(AD)
12.50 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.40 **Travel Man: 48 Hours in Malmö**
2.05 FILM **Paradise** Drama. Subtitled. (2023, 15, 95min) ★★★
3.40 **George Clarke's Amazing Spaces: Winter World Tour** (S)(SL)(R)(AD)
4.35 **Find It, Fix It, Flog It** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Dangerous Love** Thriller starring Vivica A Fox. When a recently divorced woman meets a stranger online, her daughter grows suspicious and is eager to uncover the truth. (S) (2022, PG, 100min) ★★★
4.00 **Bargain-Loving Brits in the Sun** B&B owners try out their first tapas night. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly Australia** Dog troubles. (S)(R)
6.55 **News** (S)

9.00 Police: Suspect No 1

7.00 Traffic Cops
An officer is called to an accident involving a driver in his seventies who has reversed into a house and ruptured a gas main. (S)(R)

7.55 News (S)

8.00 Motorway Cops: Catching Britain's Speeders
New edition Officers pull over a suspected cloned car whose owner claims he has swapped the registrations between the vehicles due to one not having insurance. (S)

9.00 Police: Suspect No 1
New edition Detectives hunt for a sexual predator after lone females walking in parkland in and around Hull are left traumatised after a man indecently exposes himself in broad daylight. (S)

10.00 Forensics: Murder Scene
1/6. West Yorkshire police investigate the stabbing of a woman in Leeds. The forensics team meticulously examine the crime scene to establish what might have happened. (S)(R)

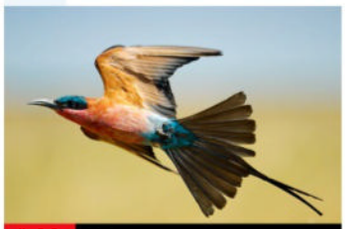
11.30 **Do Not Disturb: The Hotel Murders** New edition (S)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S8) (S)(R)(AD)
3.45 **Playgrounds of the Rich and Famous** St Tropez. (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 9/22. (S5) (S)(R)(AD)
5.00 **The Simpsons**
Brush with Greatness: Marge is delighted to discover she still has a flair for art. (S)(R)
5.30 *Principal Charming:* Homer plays matchmaker for Marge's sister Selma. (S)(R)
6.00 *Lisa's Substitute:* Lisa develops a crush on a supply teacher at her school. (S)(R)
6.30 *The War of the Simpsons:* Homer and Marge attempt to save their marriage. (S)(R)



8.00 Airborne

7.00 The Office (US)
Special Project: 14/24. Dwight leads a team on a mission in Florida. (S)(R)
7.30 *Tallahassee:* 15/24. Dwight takes his team to Tallahassee to open up a chain of stores. (S8) (S)(R)

8.00 Airborne
2/4. Documentary taking a look at the animals which can take to the skies and therefore gain an advantage over their rivals in the eat-or-be-eaten game. (S)(R)(AD)

9.00 The Gilded Age
New episode *If You Want to Cook an Omelette:* 6/8. Bertha encourages Gladys to stand up for herself, and George faces an uphill battle to secure the rail line that runs through Chicago. (S3)

10.10 Royal Btards: Rise of the Tudors**
3/3. King Edward IV dies unexpectedly, throwing the future of England in the air, Richard III makes a grab for power, and Margaret makes her own move. (S)(R)

11.10 **Last Week Tonight** (R)
11.55 **Curb Your Enthusiasm** 3/10. Larry, Jeff and Ted are forced to look for a new chef. (S)(R)
12.30 AM 4/10. Larry meets a nanny from hell. (S3) (S)(R)
1.05 **The Force: Manchester** (R)
2.00 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 9/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.40am Scotcast (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm If Walls Could Talk (S)(R) **8.30-9.00** Oul Treasures Series finale (S) **10.40** Panorama New edition (S) **11.10** Have I Got News for You (S)(R) **11.40** NEW SERIES Mayfair Witches (S)(AD) **1.15-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.30-9.00pm Wales' Home of the Year (S)(R) **10.40** Saving Lives in Cardiff (S)(R) **11.40** NEW SERIES Mayfair Witches (S)(AD) **1.10-6.00am** BBC News (S)

BBC1 Midlands/ East Midlands
Sky 956/957, Freesat 956/957
8.30-9.00pm NEW Rescue Roulette, Dogs from Abroad (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Arfordir Cymru: Sir Benfro (AD) **12.30** Heno **1.00** Y Sioe **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Dylan ar Daith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sin (AD) **6.30** Bwrdd i Dri **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **10.00** NEW It's My Shout **10.15** Ras Yr Wyddfa **11.15-11.50pm** Cymry ar Gynfas

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** North America.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** 1/10. Kirsten and Amy are struggling to trust their staff. **8.30** 2/10. Kirsten reveals she has been struggling with post-natal anxiety.
9.00 **Billion Dollar Playground** New edition 7/8. Temperatures rise on a girls' holiday as a heatwave hits. **9.45** Series finale 8/8. Some familiar faces might be checking out for good.
■ Entire series on BBC iPlayer
10.30 **Fleabag** 1/6. Fleabag finds herself intrigued by a priest. **10.55** 2/6. A counselling session elicits the truth. (S2)
11.25 **Paranormal: Britain's Last Witch** Double bill.
12.25 AM **Funboys** Comedy.
12.50 **Hire Me: Competing for a Dream Job**
1.50 **Fleabag** 1&2/6. (S2)
2.45 **Ellie & Natasia**
3.00 **to 4.00** AM **Paranormal: Britain's Last Witch**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon** Angela arrives at Bradford-on-Avon for an annual event.
7.30 **Walk the Line with Barra Best** Barra explores County Antrim's lost railway routes.
8.00 **Singapore 1942: End of Empire** 2/2. The chaotic conclusion of the World War Two battle for Singapore.
9.00 NEW **Kamikaze: An Untold History** Japanese and US veterans reflect on the impact of the suicide missions.
10.30 **Colouring Light: Brian Clarke – An Artist Apart** A profile of the Oldham-born stained-glass artist.
11.30 **Art on the BBC: The Great Salvador Dali**
12.30 AM **A Summer Journey with Angela Rippon**
1.00 **Walk the Line with Barra Best**
1.30 **The Remarkable Journey of Bernard Levin**
2.25 **to 3.25** AM **Singapore 1942: End of Empire**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** From Brook Meadow in Leicestershire. **3.40** The second visit is to the Apollo Inn, Barlborough. **4.15** The B&Bers head to The Swan Inn in Letton. **4.50** White Mark Glamping in Watlington, Oxfordshire. **5.20** The winner is revealed.
5.55 **Kirstie and Phil's Love It or List It** Helping a warring couple in Lincoln.
6.55 **The Dog House New Zealand** New edition A boy is nervous around dogs after a bad experience.
7.55 **The Dog House** A bassett hound seeks approval from two childhood sweethearts.
9.00 **Matt Baker: Our Farm in the Dales** The host makes a feeding station for the sheep on his mother's farm, while she moves the growing ducklings to an outside pen.
10.00 **8 Out of 10 Cats Does Countdown** Sean Lock and Miles Jupp take on Jon Richardson and Sara Pascoe.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** New episode 3/8. (S2)
1.10 **24 Hours in A&E**
2.15 **Matt Baker: Our Farm in the Dales** As 9.00pm.
3.20 **to 3.50** AM **Food Unwrapped Gets Chocolatey**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill of the animated comedy.
7.00 **Hollyoaks** It is the day of the Dog's grand reopening.
7.30 **The Simpsons** *Diary Queen:* Bart discovers his old teacher's diary and learns a surprising secret.
8.00 **Below Deck** New edition Sunny is upset by Ben's wandering eyes and there's major drama when new guests are royally demanding.
9.00 **Gogglebox** The critics share their opinions on *Strictly Come Dancing.* **10.00** Appraisals of *Big Brother: The Launch.*
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **The Goldbergs**
3.25 **Below Deck**
4.10 **Ramsay's Kitchen Nightmares USA**
4.55 **Modern Family**
5.20 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 5/10. (S7)
12.00 NOON **FBI** 5/22. (S4)
1.00 PM **FBI: International** 5/21. An American journalist is killed while trying to meet with a source in Poland. (S1)
2.00 **Caught on Dashcam**
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Fire Country** *It's Not Over:* 8/10. Station 42 and Three Rock host Edgewater's Annual Firefighter's Ball. (S2)

9 PM
9.00 **Elsbeth** New episode *Foiled Again:* 12/20. The lawyer investigates the death of a college admissions officer. (S2)

10 PM
10.00 **Blue Bloods** *Nothing Sacred:* 9/21. Frank and Joe contend with a grievous insult to the memory of Joe's father. (S13)
11.00 **FBI** 21&22/22. (S5)
1.00 AM **Fire Country** 9/10. (S2)
2.00 **The Rookie** New episode 9/18. Crime drama. (S7)
3.00 **The Good Doctor** 3/10. (S7)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **True Blood** 7&8/12. (S1)
10.00 **Six Feet Under** 2&3/12. (S2)
12.10 PM **House of the Dragon**
1.25 **Gangs of Milan: Blocco 181**
3.35 **True Blood** 7/12. Rumours spread concerning Sookie and Bill's relationship. **4.40** 8/12. Sookie uses her mind-reading powers to root out a thief for Eric. (S1)
5.40 **Six Feet Under** 2/13. Federico asks Nate and David for a loan. **6.45** 3/13. Ruth attends a self-help seminar. (S2)

9.00 The Gilded Age

7.50 **House of the Dragon** *King of the Narrow Sea:* 4/10. Daemon returns to Kings Landing and stirs more trouble for the king, while Rhaenyra learns a valuable lesson. (S1)

9.00 **The Gilded Age** New episode *If You Want to Cook an Omelette:* 6/8. George faces an uphill battle. (S3)

10.10 **The Time Traveler's Wife** 1/6. Clare Abshire encounters time traveller Henry DeTamble for the first time. (S1)
11.15 **Homicide: Life on the Street**
12.15 AM **The White Lotus** 2/7. Greg helps Tanya live out her perfect Sicilian day. (S2)
1.20 **Big Little Lies** 5/7. (S2)
2.25 **The Leftovers** 6/10. (S2)
3.35 **House of the Dragon** (S1)
4.50 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 4/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 1/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 9/22. (S5)
5.00 **SEAL Team** 22/22. The team go on a mission to bring down the entire Halani network. (S1)
6.00 **Stargate Atlantis** 9/20. The crew find an ancient race of people, frozen in suspended animation. (S2)

8.10 Rob Beckett's Smart TV

7.05 **Stargate Atlantis** *The Lost Boys:* 10/20. Part one of two. The crew discover Ford living on a desert planet. (S2)

8.10 **Rob Beckett's Smart TV** With guests Tom Allen, Kola Bokinni, Alex Jones and Steve Pemberton.

9.00 **Mr Bigstuff** 1/6. Lee and Glen unite on a mission to track their dad down. **9.30** 2/6. Kirsty has a rough start to her job. (S2)

10.00 FILM **Don't Tell Mom the Babysitter's Dead** Teen comedy starring Christina Applegate. (1991, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Warrior** 8/10. A bloodbath in Chinatown prompts the Hop Wei and Long Zii to consider a new way to end hostilities. (S1)
1.00 AM **The Force: Manchester**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 14/22. (S13)
4.00 **S.W.A.T.** 9/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt...**
6.00 **Celebrity Catchphrase**

9.00 Love Island

7.00 **Deal or No Deal** Stephen Mulhern hosts as Jay takes on the Banker for the chance to win life-changing money.

8.00 **Million Dollar Listing: LA** Altman and Tracy battle stubborn sellers and Flagg convinces his client that he was in the right.

9.00 **Love Island** New edition Reality show in which singletons seeking romance compete in the hope of finding love.

10.05 **G'wed** 4/5. The school is divided after the drama at Scousechella. (S2)
10.40 **Family Guy** 11/18. The guys become detectives. (S13)
11.05 **Family Guy** 4/18. (S13)
11.35 **American Dad!** (S12&11)
12.35 AM **Bob's Burgers** 1/22. (S11)
1.05 **Plebs** 1/8. (S3)
1.35 **G'wed** As 10.05pm.
2.10 **Totally Bonkers Guinness World Records**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal**
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Birds of Prey:* A book dealer is thought to have committed suicide, until a second body turns up.
5.45 **Heartbeat** *Toss Up:* The town of Aidensfield falls victim to a spate of burglaries, all of which seem to be aimed at Maggie.

8.00 Grace

6.55 **Heartbeat** *It's All in the Game:* Nick has to go undercover following the unlikely event of a gangster setting up shop.

8.00 **Grace** *Not Dead Enough:* Branson and Grace investigate the murder of socialite and patron of local charities Katya Bishop, whose husband Kit is the main suspect.

10.00 **Foyle's War** *Bleak Midwinter:* A woman is killed in an explosion in a munitions factory.
11.55 **Broadchurch** 3/8. Hardy faces a race against time as Ellie uncovers a startling new piece of evidence. **12.55** AM 4/8. Ellie struggles to control her sister Lucy and Hardy faces his demons. (S2)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings** Documentary.
4.15 **Sign Zone: Grand Tours of Scotland's Rivers**
4.45 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Travelling Auctioneers** Double bill.
8.30 **Grand Tours of Scotland's Rivers**
9.00 **Nightsleeper** 3/6. Joe desperately tries to work out who he can trust. (S1)
10.00 **River City** New episode Lenny takes drastic measures to ensure a longer stay in hospital.
10.30 **Situationships with Sophie and Christine**
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Run** 4&5/7. (S1)
9.00 **The Conners** (S5)
10.00 **Vice Principals** (S1)
11.20 **Flight of the Conchords** (S2)
12.35 PM **Silicon Valley**
1.55 **Vice Principals** (S1)
3.15 **High Maintenance** (S2)
4.25 **Flight of the Conchords** (S2)
5.45 **The Conners** (S5)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 5/8. Gavin questions his future beyond Hooli. **8.25** 6/8. Richard decides to give Laurie a helping hand. (S5)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Kevin Hart: Reality Check** Stand-up comedy.
10.55 **Last Week Tonight with John Oliver**
11.40 **Curb Your Enthusiasm**
1.00 AM **Entourage** (S1)
2.20 **Hung** 3&4/10. (S1)
3.45 **American Auto** (S2)
4.20 **to 5.00** AM **Run**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Classic Movies**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 NEW **André Rieu: Live in Bahrain**
9.25 **André Rieu: Welcome to My World**
10.25 **Musical Masterpieces**
11.25 **Nigel Kennedy: The Four Seasons**
12.35 AM **LSO: Pappano Conducts Ravel, Say & Rachmaninoff**
2.15 **Eric Ravilious – Drawn to War** Documentary.
4.00 **The Art of Architecture**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** 4/22. (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 20/26. (S1)
8.00 **Star Trek: Deep Space Nine** *Equilibrium:* 4/26. Dax faces the ultimate nightmare. (S3)
9.00 **FBI** 15&16/19. (S2)
11.00 **Grimm** 2/22. (S5)
12.00 M'T **Britain's Most Evil Killers** Raoul Moat.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable for Soccer Aid**
4.00 **Tenable** Game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Ronnie takes on the Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show as one more contestant takes on the Banker.
9.00 **Tipping Point** Triple bill of the arcade-themed game show, hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 4/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 19&20/25. (S1)
12.00 NOON **Highway to Heaven** 11/25. (S1)
1.00 PM **Father Dowling Mysteries** 9/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 2&3/25. (S8)
9.00 FILM **All the Pretty Horses** Epic contemporary Western based on the novel by Cormac McCarthy, starring Matt Damon and Penélope Cruz. (2000, 15, 118min) ★★
11.20 **The Avengers** 7/33. (S6)
12.20 AM **M*A*S*H** (S8)
1.30 **Airline USA**
2.00 **Hart to Hart** 4/22. (S4)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

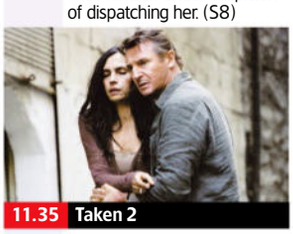
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **The Professionals**
8.25 **Kojak**
10.35 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Return of Sherlock Holmes** Period drama.
1.45 **Kojak**
4.00 **Magnum, PI**
5.55 **Minder** 3/13. Arthur's other half vanishes and he soon finds himself under suspicion of dispatching her. (S8)


11.35 Taken 2

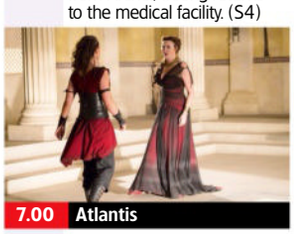
7.00 **Formula E Highlights** Nicki Shields presents highlights of the final two races of the London ePrix, at ExCeL London Circuit.
8.00 **King of the Roads** Action from the latest round of the Southern 100, from the Billown Course on the Isle of Man.
9.00 FILM **U.S. Marshals** Action thriller sequel to *The Fugitive*, starring Tommy Lee Jones. A US marshal pursues an escaped prisoner and discovers that he is an ex-CIA agent who has been framed. (1998, 15, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 FILM **Taken 2** Action thriller sequel starring Liam Neeson. An ex-CIA agent and his family are targeted by an Albanian gang during a trip to Istanbul. (2012, 12, 92min) ★★★
1.15 AM **Motorsport UK**
2.10 **Two and a Half Men**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 18/26. (S7)
2.00 **Atlantis** 11/13. (S2)
3.00 **Stargate Atlantis** 15/20. (S2)
4.00 **Star Trek: Voyager** 1/26. (S7)
5.00 **Star Trek: The Next Generation** 18/26. (S7)
6.00 **Star Trek: Enterprise** 5/22. Part two of three. After escaping from Archer, Soong returns to the medical facility. (S4)


7.00 Atlantis

7.00 **Atlantis** *Kin:* 11/13. Aeson undertakes a brave and deadly mission to rescue his son. (S2)
8.00 **Stargate Atlantis** *The Tower:* 15/20. The team arrive on a planet where the inhabitants can repulse Wraith attacks. (S2)
9.00 **The Leftovers** *Guest:* 6/10. Nora attends a conference in New York, where somebody steals her identity. (S1)
10.00 **The Walking Dead** *Walk With Us:* 12/22. Negan helps the Whisperers and Alpha launch an attack against the survivors. (S10)
11.00 **Wynonna Earp** 12/12. Wynonna and Waverly try to come up with a way out as Pledge Moon looms over Purgatory. (S3)
12.00 M'T 1/12.Wynonna desperately looks for a way into the Garden. (S4)
1.00 AM **True Blood** 9&10/12. (S5)
3.00 **Room 104** 9&10/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 5/23. (S1)
11.00 **Hudson & Rex** 11/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 5/6. Period drama. (S2)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 5/23. (S1)
5.00 **Hudson & Rex** 11/16. Charlie and Rex receive an award for heroism. (S4)
6.00 **Father Brown** *The Wayward Girls:* The priest investigates a dark secret at a girls' borstal.

7.00 Miss Scarlet and the Duke

7.00 **Miss Scarlet and the Duke** 5/6. A famous mystery writer finds himself at the centre of Eliza's investigation. (S2)
8.00 **Death in Paradise** *Rue Morgue:* 8/8. Humphrey investigates the suspected suicide of a former surgeon at a retirement home. (S3)
9.00 **Shakespeare & Hathaway: Private Investigators** 7/10. The duo watch over an energy tycoon's daughters. (S3)
10.00 **Shakespeare & Hathaway: Private Investigators** 8/10. The duo investigate a car accident. (S3)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As 7.00pm.
1.00 AM **Elementary** 10/13. Holmes and Watson are suspicious when an old enemy asks for their assistance. (S7)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Highlights**
9.15 **Keeping Up Appearances**
9.55 **Are You Being Served?**
10.35 **Still Open All Hours**
11.15 **Last of the Summer Wine**
12.30 PM **Keeping Up Appearances**
1.10 **I Didn't Know You Cared**
1.55 **Dad's Army**
2.30 **Still Open All Hours**
3.10 **Are You Being Served?**
3.50 **Only Fools and Horses**
4.30 **Last of the Summer Wine**
5.50 **Keeping Up Appearances**
6.30 **Are You Being Served?**

8.30 Still Open All Hours

7.10 **Dad's Army** A secret weapon goes haywire and threatens the town. **7.50** A German pilot is trapped on top of the town clock by his parachute.
8.30 **Still Open All Hours** Granville arranges a double date with Madge and Mavis for himself and Gastric.
9.05 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother.
10.00 **The Royle Family** The relatives gather together for Sunday lunch.
10.40 **The Last Fast Show Ever** Guest stars Johnny Depp.
11.35 **Not Going Out** A woman claims Lee may be her father. **12.15** AM Lee lets out Lucy's flat to a film director.
12.55 **The Vicar of Dibley**
1.50 **The Royle Family**
2.35 **The Last Fast Show Ever**
3.20 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Boat That Guy Built**
7.45 **Special Ops: To Catch a Criminal** Double bill.
9.40 **Bradford on Duty**
11.00 **Rick Stein's India**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Documentary series.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's India** Chef Rick Stein meets India's first *MasterChef* winner in Lucknow.
6.00 **Hairy Bikers' Best of British** The culinary histories of some of Britain's many islands.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Trinny Woodall, Reece Shearsmith, Michael Ball and Charlie Brooker.
7.40 **Richard Osman's House of Games** Guests include Chris Washington. **8.20** With Ade Adepitan, Jean Johansson, Stephen Mangan and Vikki Stone.
9.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the quiz, with Ignacio Lopez and Carol Vorderman.
10.00 **QI XL** Guests David Mitchell, Rob Brydon, Sandi Toksvig and regular panellist Alan Davies join host Stephen Fry.
11.00 **Taskmaster** James Acaster callously ruptures a ukulele.
12.00 M'T **Mock the Week** With Ed Byrne and Josh Widdicombe.
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bake Off: The Professionals**
8.00 **Grand Designs** Tracking the progress of the renovation of a Cornish flour mill.
9.00 **24 Hours in A&E** A woman seeks treatment for flash burn injuries to her face.
10.00 **First Dates** A 64-year-old singer meets a campervan-loving former handywoman.
11.05 **Ramsay's Kitchen Nightmares USA**
12.05 AM **Gogglebox**
2.05 **Crime Scene Cleaners**
3.10 **George Clarke's Remarkable Renovations**
4.10 **to 4.40** AM **Travel Man: 48 Hours In Malmö**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 10-12/24. (S4)
12.00 NOON **Law & Order** Six episodes of the US crime drama. (S13)
6.00 PM **NCIS** *Bury Your Dead:* 1/19. Tony's cover is blown as the hunt for La Grenouille intensifies. **7.00** *Family:* 2/19. The agents search for a missing infant. **8.00** *Ex-File:* 3/19.Gibbs' ex-wife Stephanie is a witness in a case. (S5)
9.00 **NCIS: Hawaii** New episode *Bread Crumbs:* 18/22. Tennant must utilize her skills when the helicopter she is transferring a suspect on crashes. (S2)
10.00 **Law & Order: Special Victims Unit** (S16)
12.00 M'T **The Resident** (S2)
1.55 AM **Blue Bloods** (S7)
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Paramedics help 64-year-old David, who has collapsed at work with a suspected cardiac arrest.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **GPs: Behind Closed Doors**
1.00 AM **Absentia** New episodes (S3)
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

10.00 AM **Traffic Cops**
11.00 **Police Interceptors**
1.05 PM **The Motorway**
2.10 FILM **Young Guns of Texas** Western drama starring Robert Mitcham. (1962, U, 84min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers** Darrell hires his son Reno and takes him on a run to Big Trout. **10.00** Art receives some help from Joey Barnes, 'The King of the Obsolete', on a trip north.
11.00 **Cops** Double bill.
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance** Medics help a man having a massive anxiety attack in the street.
8.00 **The Secret Life of 4, 5, 6 Year Olds Australia** Molly, Max, Alex and Gigi learn all about sharing and teamwork.
9.00 **Stacey Dooley Sleeps Over USA** From Nevada, the only US state where brothels are legal.
10.00 **999 Rescue Squad**
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia**
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **Tenko**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 9/10. (S1)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *Natural Causes:* 1/4. A woman's body is found in a lake. (S5)
10.00 **New Tricks** *Half Life:* An unidentified murder victim is named on a website.
11.20 **Spooks** 8/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** A hunt for valuables in the Scottish Borders. **8.00** A search for bargains in Scotland.
9.00 **The Yorkshire Auction House** New edition Angus Ashworth helps a woman fund her elderly mother's care. **10.00** A garage packed with rare antiques. **11.00** The team find a hanging lantern and Vogue clothing patterns.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz series.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Ben Richards and Jenni Falconer try to win money for charity.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Wild West Chronicles** Western.
8.50 **Battle Honours**
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Garden of Evil** Western adventure. (1954, PG, 100min) ★★
3.15 **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM The Man with the Gun** Western. (1955, b/w, PG, 88min) ★★★
11.00 **FILM Trigger Point** Espionage thriller. (2021, 12, 85min) ★★
12.50 AM **FILM Global Meltdown** Thriller. (2017, PG, 105min) ★
2.40 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

6.00 AM **Air Rescue**
6.25 **FILM Pretty Cheaters, Deadly Lies** (2020) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM A Bride's Nightmare** (2020) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM My Stepfather's Secret**
2.55 **FILM The Twin** (2017)
5.00 **FILM The Lease** Thriller. (2017, PG, 97min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Martha's Vineyard Mystery: Poisoned in Paradise** (2021, PG) ★★
10.55 **FILM Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Drama. (2021, PG, 84min) ★★
1.00 AM **FILM A Lover Betrayed** (2017, 12) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Deadly Honeymoon**
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM A Brush with Love** (2019, PG) ★★
10.05 **FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 85min) ★★
12.00 NOON **FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
2.00 PM **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
4.00 **FILM Just for Showmance** Comedy. (2023, U, 83min) ★★
5.55 **FILM Bridal Wave** Drama. (2015, PG) ★★
8.00 **FILM Stop the Wedding** Romantic drama. (2016, U, 105min) ★★
9.55 **FILM One Winter Proposal** Comedy. (2019, PG, 84min) ★★
11.50 **FILM Snowkissed** Comedy. (2021, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Wedding at the Hamptons** As 2.00pm.
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 5/6. (S1)
12.30 PM **You're Only...**
1.00 **Born Free** 12/13. (S1)
2.00 **FILM The Flying Deuces** (1939, b/w, U) ★★★
3.15 **Auto Rewind**
3.30 **Plymouth Rock**
4.00 **Blue Thunder** 4/11. (S1)
5.00 **Lucky Feller** 3/13. (S1)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice** 5/7. (S4)
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 3/13. (S1),
9.00 **Bramwell** 2/8. (S2)
10.00 **Soap** 15/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Cold Sweat**
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Following life aboard ship in the Alaskan crab-fishing fleet. **8.00** A shift in sea temperature causes trouble for the fleet.
9.00 **My Feet Are Killing Me** The doctors help patients with foot issues. **10.00** A woman with a life-threatening scar on her foot turns to Dr Schaeffer for help.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Paul Hollywood...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **The Hairy Bikers...**
11.00 **Great British Bake Off**
1.00 PM **Paul Hollywood: City Bakes** San Francisco.
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
9.00 **Tom Kerridge's Best Ever Dishes**
10.00 **Maneet's Eats**
10.30 **Nadiya's Fast Flavours**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 15/25. (S7)
9.00 **The Fall Guy** (S2)
10.00 **Knight Rider** 3/22. (S4)
11.00 **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
1.00 PM **FILM Walker, Texas Ranger: Trial by Fire** Action drama spin-off. (2005, 12, 90min) ★★
2.50 **FILM Convoy** Comedy. (1978, 12, 110min) ★★★
5.00 **Star Trek** 4/24. (S3)
6.00 **Knight Rider** 4/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Sweeney** Crime action thriller. (2012, 15, 112min) ★★★
11.10 **FILM Outlaw** Thriller. (2006, 18, 104min) ★★
1.15 AM **FILM The Wall** Wartime thriller. (2017, 15, 88min) ★★★★
3.05 **to 5.00** AM **FILM Executive Command** Thriller. (1997, 15) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Independents' Day** As 5.00pm.
8.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Shark Season** Thriller. (2020, PG) ★★
1.00 PM **The Gambler III: The Legend Continues**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 5/23. (S4)
5.00 **FILM Independents' Day** Sci-fi adventure with Jacquelin Arroyo. (2016, 15, 91min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 6/23. (S4)
9.00 **FILM Red Sun** Western with Charles Bronson. (1971, 15, 112min) ★
11.15 **FILM Sniper: Special Ops** Action thriller starring Steven Seagal. (2016, 15, 82min) ★★
1.00 **to 3.00** AM **FILM Sacrifice** Horror. (2020, 15, 87min) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Worksop.
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Secret Societies: In the Shadows**
10.00 **Cities of the Underworld**
11.00 **Forbidden History**
12.00 M'T **Strangest Things**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Australia.
12.00 NOON **Lost on Safari with Jane McDonald**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **All Creatures Great and Small**
7.00 **Beyond the Yorkshire Farm: Reuben & Clive**
8.00 **Ben Fogle: New Lives in the Wild** New Mexico.
9.00 **Susan Calman's Cruise of a Lifetime**
10.00 **Summer in the Scilly Isles** A conservation team tag blue sharks.
11.00 **All Creatures Great and Small**
12.00 M'T **Dan & Helen's Pennine Adventure**
1.00 AM **The Hotel Inspector**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Portugal.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Mini Reni** New editions The Seed and Supply building is turned into a flower art workshop. **9.30** Joanna Gaines updates a dining room.
10.00 **Celebrity IOU** New edition Mira Sorvino spruces up the home of someone she considers a sister.
11.00 **Home Town Takeover**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **Welcome to Plathville**
10.00 **Sister Wives** Meri decides to takes a trip to England.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Botched Bariatric**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Sister Wives**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 6&7/22. (S4)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S3)
1.00 PM **Friends** (S3)
9.00 **NEW SERIES Stupid Central** Babatunde Aléshé presents funny videos from the internet. **9.30** New edition Featuring the worst day at work ever.
10.00 **Kevin Bridges: The Brand New Tour**
11.00 **NEW MTV Cribs: Comedians Specials** A look through the homes of Tom Allen and Allan Mustafa.
11.30 **Whose Line Is It Anyway? USA**
12.30 AM **South Park**
2.00 **Broad City** (S1)
3.00 **Beavis and Butt-Head**
3.10 **Jen Brister: Meaningless**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 11&12/13. (S1)
11.00 **Friends** 4-7/24. (S7)
1.00 PM **Impractical Jokers**
2.00 **Daria** (S1&2)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S3)
9.00 **New Girl** 15&16/22. (S5)
10.00 **Friends** 9/25. The gang play American football. **10.30** 10/25. Rachel quits her job. (S3)
11.00 **Friends** 11-14/25. (S3)
1.00 **Beavis and Butt-Head**
2.00 **Reno 911!** (S8)
3.00 **Whose Line Is It Anyway? USA**
3.45 **Comedy Central Live**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 1&2/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Officers combat vehicle crime.
10.00 **Stella** 1&2/6. (S6)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Unseen**
2.00 **Road Wars** As 9.00pm.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: Scammed**
12.00 NOON **Catfish: The TV Show** Six editions.
6.00 PM **Catfish: Scammed**
7.00 **Celebs on the Farm**
8.00 **Teen Mom UK: Next Generation**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: OGs vs Young Guns** New edition The battle continues with samurai tattoos.
11.00 **Ink Master Redemption** New edition
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Funny videos from the internet.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: White Water**
5.00 **Building Off the Grid** A family build an oceanfront oasis, but unexpected setbacks push them to their limits.
6.00 **Border Control: Spain** Double bill of the series following the work of the Security and Customs Services at Spain's borders.

10.00 Air Jaws

7.00 **Wheeler Dealers** Mike Brewer is seduced by a Land Rover Discovery Mk1, but Elvis has his work cut out buying parts.
8.00 **Outback Truckers** Bureaucracy threatens to derail Yogi's mercy mission to drought-ravaged farmers.
9.00 **Alaska: Homestead Rescue** The Raneys share their family's journey from Washington state, across southeast Alaska.
10.00 NEW **Air Jaws: The Hunt for Colossus** The hunt for a shark who disappeared 10 years ago from South Africa..
11.00 NEW **Caught! Sharks Strike Back** Shark encounters.
12.00 M'T **Moonshiners**
1.00 AM **Alaska: Homestead Rescue** As shown at 9.00pm.
2.00 **Air Jaws: Hunt for Colossus**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Saved by the Barn**
10.00 **Tanked** A Malibu winery.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** Transforming a yard into a dog-friendly escape. **4.00** A football-themed pup paradise is created.
5.00 **Lone Star Law** A team trying to rescue sea turtles.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier treats a cockatiel which has trouble breathing.

5.00 Lone Star Law

7.00 **Animal Cribs** Antonio Ballatore and his team take a look back on some of their biggest and best builds from the series.
8.00 **Expedition Bigfoot** Mireya and Ronny make a powerful discovery, while, Bryce suspects Bigfoot is emoting infrasound.
9.00 **Alaska: The Last Frontier** The end of summer leaves little time for the family to complete winter preparations.
10.00 **Alaskan Bush People** The Brown family kick off an ambitious plan to disassemble and transport a huge windmill.
11.00 **Pit Bulls & Parolees** Tia makes a cross-country trip to find a dog a home before the Christmas season.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Expedition Bigfoot**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
2.00 PM **Apocalypse: The Rise of Hitler** Double bill of editions.
4.00 **Destruction Decoded**
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend work on a 1929 Rolls-Royce Doctors Coupe.
6.00 **World War II: Secrets from Above** In December 1944, Hitler launches an all-out assault on the Western front.

8.00 Hurricane Katrina

7.00 **Air Crash Investigation** The investigation into a plane that crashed whilst flying Mexican officials, killing 16 people.
8.00 NEW SERIES **Hurricane Katrina: Race Against Time** Documentary exploring the aftermath of the natural disaster.
9.00 **Hurricane Katrina: Race Against Time** New edition The city of New Orleans is flooded after the levees breach.
10.00 **Trafficked with Mariana Van Zeller** New edition In this edition, Mariana heads to a south-east Asian hotbed of scamming.
11.00 **Air Crash Investigation** A helicopter crash into the sea.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There** Documentary.
1.00 PM **Holy Marvels with Dennis Quaid** As 8.00pm.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Jungle**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers** A former race car driver's stockpile.

9.00 Pharaohs at War

7.00 **Forged in Fire** Four bladesmiths must giddy-up to finish their blade first and become the fastest blade in the West.
8.00 **Holy Marvels with Dennis Quaid** New edition A look into the main reasons for building strongholds.
9.00 NEW SERIES **Pharaohs at War** Confrontations between pharaohs and their rivals, starting with the Battle of Megiddo.
10.00 **Discovered by Disaster** New edition A look at some of the unexpected things revealed by catastrophic disasters.
11.00 **What on Earth?** A heavily armoured force invades one of Syria's most ancient archaeology sites.
12.00 M'T **Encounter: UFO**
12.55 AM **The Proof Is Out There**
1.50 **Pharaohs at War** As 9.00pm.
2.50 **Forged in Fire**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **World War Weird** Crossword puzzles in a newspaper begin to attract the attention of MI5.
6.00 **Antiques Roadshow** Fiona Bruce and the team return to Birmingham University.

9.00 Tropic of Capricorn

7.00 **Caribbean with Simon Reeve** The adventurer journeys to the Dominican Republic, Haiti and Puerto Rico.
8.00 **Canal Boat Diaries** A trip down the Leeds and Liverpool Canal. **8.30** Robbie Cumming explores Saltaire.
9.00 **Tropic of Capricorn** In Argentina, Simon Reeve visits an English anthropologist who married into a forest tribe.
10.00 **Bangers & Cash** Dave's in Lincolnshire picking up a 1935 Riley Falcon – a good-looking car with a pre-select gearbox.
11.00 **Bangers & Cash** Derek takes to the skies for his first ever helicopter flight in a 1967 Bell 47 chopper.
12.00 M'T **Abandoned Engineering**
1.00 AM **Caribbean with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Shed and Buried**
9.00 **Wheeler Dealers World Tour** New edition A tribute to a Rally winning Mini Cooper.
10.00 NEW SERIES **Dream Jobs with Chris Hoy** Driving rally cars. **10.30** New edition Driving monster trucks.
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Triple bill.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ian Stewart.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
12.00 M'T **Faking It Special**
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
7.00 PM **Forensic Factor** A sniper who terrorised the Washington DC area.
8.00 **Millionaire Murders** The story of Mike Williams, who was rumoured to have drowned in a lake and eaten by alligators.
9.00 **Shocking Crimes: Murder Book** A rookie detective makes a discovery while working on a 30-year-old case.
10.00 **It Takes a Killer** A woman is gunned down in a parking lot. **10.30** A killer lays siege to upstate New York.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** A tale in which cattle auctions were tainted by false cheques. **4.30** Police must discover the identity of a woman's skull that was found in a lake. **5.00** Police use video footage and forensic evidence to find a gang. **5.30** A doctor is accused of assaulting two female patients. **6.00** The study of tree ring growth helps to solve an investigation. **6.30** A man goes to great lengths to prove his mother's innocence.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
6.30 **Highway Patrol**
7.00 **Road Wars**
8.00 **Brit Cops UK**
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Sabina Nessa.
1.00 PM **Britain's Most...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **An Unexpected Killer**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Mafia's Greatest Hits**
9.40 **Battlefield America**
1.00 PM **The Civil War** A look at the origins of the American Civil War. **3.05** How the American Civil War became a crusade to end slavery. **4.35** The emancipation of America's slaves. **6.05** The Union's failure to achieve a victory by the spring of 1863.
7.30 **Battlefield America** 1/3. Charting the pivotal battles of the American Civil War, beginning with the battle of Shiloh. **8.35** 2/3. The strategic decisions made at Vicksburg and Gettysburg. **9.40** 3/3. The strategic errors in the Battle of Chickamauga.
10.40 **Mafia's Greatest Hits**
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Dennis Hopper**
8.00 **The Vow** A verdict is reached.
9.45 **My Icon: Maggie Alphonsi**
10.00 **Chimp Crazy** Documentary.
11.00 **Escobar by Escobar**
12.00 NOON **Red Elvis: The Cold War Cowboy** Documentary.
1.50 PM **My Icon: Anthony Joshua**
2.00 **Stasi FC** Documentary.
3.50 **My Icon: Chris Hughton**
4.00 **Discovering: Dennis Hopper**
5.00 **The Directors** Christopher Nolan.
6.00 **McMillion$** Documentary.
7.00 **Chimp Crazy**
8.00 **Escobar by Escobar**
9.00 **The Inventor: Out for Blood In Silicon Valley**
11.10 **Wild Wild Space**
1.00 AM **David Frost Vs**
2.00 NEW SERIES **The Nazi Cartel** The connection between Klaus Barbie and drug trafficking.
3.00 **Heroin: Cape Cod, USA**
4.30 **Chernobyl: My Promised Land**
5.00 **to 6.00** AM **Discovering: Dennis Hopper**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Amazing Animal Friends**
7.00 **Monkey Life** Double bill.
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Wild Sky** Australia's weather.
11.00 **Wildlife ER**
12.00 NOON **My Best Friend's an Animal** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Wild Sky** Australia's weather.
5.00 **Wild Battlegrounds**
6.00 **My Best Friend's an Animal**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** Documentary.
9.00 **Secret Life of the Tasmanian Devil** How the Tasmanian Devils look after their young.
10.00 **My Best Friend's an Animal**
11.00 **Wild Battlegrounds**
12.00 M'T **Wildlife ER**
1.00 AM **Shark Squad**
2.00 **Airborne** As 8.00pm.
3.00 **Secret Life of the Tasmanian Devil** As shown at 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Ancient Superstructures**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
2.00 PM **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Hitler's Secret Bomb**
7.00 **What on Earth?**
8.00 **Auction Hunters** The traders discover a coffin inside a storage unit in Chicago. **8.30** The traders find a model of a Viper FanJet aircraft and a 1920s field camera.
9.00 **Queens of Ancient Egypt** Two Cleopatras who ruled Egypt jointly with Ptolemy VIII.
10.00 **Al Murray: Why Do the Brits Win Every War?** Bruno Tonioli joins Al to examine key battle tactics of the Roman Invasion.
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens**
3.00 AM **History's Greatest Aircraft**
4.00 **Close Encounters Down Under** Paranormal events.
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Dead West**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** Jordan Monaghan.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** Janbaz Tarin.
3.00 **Murdertown** True-crime.
4.00 **Murder Detective**
5.00 **Killed Without a Trace**
6.00 **Cold Case Files: Dead West**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **When Missing Turns to Murder** New editions
11.00 **Faces of Evil** Russell Bishop.
12.00 M'T **Murder by Medic**
1.00 AM **When Missing Turns to Murder** Double bill of editions.
3.00 **Last Night Out** New edition
4.00 **Killer Britain with Dermot Murnaghan** Janbaz Tarin.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Great White Vs Tiger Shark**
3.00 **Heartland Docs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** An alligator breaks out of its restraints during a medical examination.
8.00 **Sharks Up Close with Bertie Gregory** The film-maker records great white sharks.
9.00 **Jaws @ 50: The Definitive Inside Story** Steven Spielberg shares his memories.
10.50 **Ice Road Rescue**
11.50 **When Sharks Attack**
12.45 AM **Monster Fish**
1.40 **The Incredible Dr Pol**
2.30 **Secrets of the Zoo: Keeper Tales** Documentary.
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Creating the X-Craft**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts analyse what happens when galaxies collide.
8.00 **Creating the X-Craft** Following the development of the US Navy's latest warship.
9.00 **Secret Space Escapes** Astronauts and mission-control staff describe how a failure on the ISS forced the crew to consider abandoning the station.
10.00 **How Do They Do It?**
11.00 **Savage Builds** Documentary.
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Secret Army** Six episodes.
4.00 PM **Secret Army** 12/13. Monique starts a new life, and Kessler changes his identity. **5.10** 13/13. Monique and Madeleine make a momentous decision as World War Two draws to a close. (S3)
6.25 **Secret Army** 8/13. Bradley encourages his secret army to act against the V2 weapons. **7.35** 9/13. The Allied advance threatens Lifeline's collaborators. **8.45** 10/13. Albert is released, only to be confronted by his old communist enemies who view him as a collaborator. **9.55** 11/13. Freedom brings new terror for Lifeline. **11.05** 6/13. A new officer makes a deal with the Germans. (S3)
12.20 AM **Louis Theroux: The City Addicted to Crystal Meth** The journalist visits Central Valley in California, where he examines how drug addiction has ravaged the impoverished city of Fresno.
1.20 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** True-crime.
9.00 **The Night That Didn't End**
11.00 **Swamp Murders**
1.00 PM **Evil Online** Double bill.
3.00 **Predator at Large**
5.00 **Betrayed** Double bill.
7.00 **Where Murder Lies** Two suspicious ransom notes lead police to a suspect. **8.00** A case in which a 19-year-old woman discovered her parents murdered at home.
9.00 **Faking It: Tears of a Crime** The case of Jeremy Bamber who, in 1985, shot his parents, his sister and her twin sons.
10.00 **On the Case with Paula Zahn** A young girl is brutally killed whilst walking to school.
11.00 **Death by Fame** The son of a big Hollywood player yearns to escape his dad's shadow.
12.00 M'T **Ken and Barbie Killers: The Lost Murder Tapes**
2.00 AM **Betrayed** Double bill.
4.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** An antique tanker.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Motoring series.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A Ford Coupe.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina**
9.00 **Richard Hammond's Workshop** Working on a vintage Bentley.
10.00 **Texas Metal** A 1964 Rolls-Royce.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Shed and Buried: Classic Cars** An E-type Jaguar Rat Rod.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **The Sloth Lane** (2024)
8.15 **Rumours** As shown at 6.10pm.
10.05 **Kraven the Hunter** (2024)
12.20 PM **The Sloth Lane** Animation featuring the voice of Leslie Jones. (2024, PG, 90min)
1.55 **Juror #2** Thriller starring Toni Collette and Nicholas Hoult. (2024, 12, 113min) ★★★★
3.55 **William Tell** Historical drama. (2025, 15, 133min) ★★★
6.10 **Rumours** Comedy horror. (2024, 15, 104min) ★★★

10.15 Strange Darling

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Strange Darling Thriller starring Willa Fitzgerald. A one-night stand devolves into a serial killer's vicious killing spree and a cat-and-mouse chase. (2023, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
1.40 AM **Running on Empty** Comedy starring Keir Gilchrist. (2024, 15, 91min) ★★★
3.15 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Anti Heroes

303 303 403 503 517

8.05 AM **300** Historical adventure. (2006, 15, 116min) ★★★★
10.05 **Lost in Translation** Comedy drama starring Bill Murray. (2003, 15, 102min) ★★★★★
11.50 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
1.45 PM **Molly's Game** Drama. (2017, 15, 137min) ★★★★
4.05 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
5.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★

8.00 The Beekeeper

8.00 The Beekeeper Thriller starring Jason Statham and Jeremy Irons. A man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Bad Boys II** Action comedy sequel starring Martin Lawrence and Will Smith. (2003, 15, 147min) ★★★
2.35 AM **Crank** Thriller with Jason Statham and Amy Smart. (2006, 18, 88min) ★★★★
4.15 **to 6.35** AM **Pain & Gain** Comedy with Mark Wahlberg. (2013, 15, 124min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **A Different Man** As 2.00am.
9.35 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
11.45 **Jackie** Biopic drama. (2016, 15, 100min) ★★★★
1.30 PM **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
4.00 **Dallas Buyers Club** Drama starring Matthew McConaughey. (2013, 15, 114min) ★★★★
6.05 **Dear John** Romantic drama starring Channing Tatum. (2010, 12, 108min) ★★
8.00 **Ghost** Romantic fantasy thriller with Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. (1990, 12, 127min) ★★★★
10.20 **Holiday Inn** Musical comedy starring Bing Crosby and Fred Astaire. A singer turns his farm into a nightclub and hotel. (1942, b/w, U, 101min) ★★★★
12.15 AM **Through a Glass Darkly** Swedish director Ingmar Bergman's drama. Subtitled. (1959, b/w, 15, 91min) ★★★★
2.00 **A Different Man** Thriller. (2024, 15, 112min) ★★★★
4.10 **to 6.05** AM **Wildhood** Drama. (2021, 15, 108min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.05 AM **Slingshot** As 10.55pm.
7.55 **The Front Room** As 4.30am.
9.35 **The Ring** Horror chiller remake. (2002, 15, 115min) ★★★
11.35 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. (2024, 12, 166min) ★★★★★
2.20 PM **I Am Legend** Sci-fi horror. (2007, 15, 101min) ★★★★
4.05 **The Ring Two** Horror chiller sequel. (2004, 15, 110min) ★★★
5.55 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr, Lidya Jewett, Olivia O'Neill and Ellen Burstyn. (2023, 15, 111min) ★★★
12.50 AM **28 Days Later** Horror thriller starring Cillian Murphy. (2002, 18, 113min) ★★★★
2.50 **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★
4.30 **to 6.15** AM **The Front Room** Thriller with Brandy Norwood. (2024, 15, 94min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.00 AM **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
7.45 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
9.25 **Barnyard** As 3.30am.
11.00 **Curious George** As 1.50am.
12.40 PM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
2.25 **Kung Fu Panda 2** Animated sequel. (2011, PG) ★★★★
4.00 **IF** Fantasy. (2024, U) ★★★
6.00 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★

7.50 Jumanji

7.50 **Jumanji** Fantasy adventure starring Robin Williams and Bonnie Hunt. A mysterious board game unleashes a series of wild creatures upon a small town. (1995, PG, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Hook** Steven Spielberg's fantasy adventure starring Robin Williams. Peter Pan has to rediscover his former self to save his children from an enemy. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Secret Garden** Family drama starring Colin Firth and Julie Walters. (2020, PG, 99min) ★★★★
1.50 **Curious George** Animation featuring the voices of Will Ferrell and Drew Barrymore. (2006, U, 87min) ★★★★
3.30 **Barnyard** Animated comedy. (2006, PG, 90min) ★
5.15 **to 7.05** AM **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★

Sky Cinema Action

307 307 407 507 521

6.35 AM **Black Hawk Down** Drama. (2001, 15, 144min) ★★★
9.05 **The Legend of Zorro** Comedy sequel. (2005, PG) ★★★
11.20 **Bad Boys: Ride or Die** Thriller sequel. (2024, 15) ★★★
1.25 PM **Mad Max: Fury Road** Sci-fi thriller with Tom Hardy. (2015, 15, 120min) ★★★★★
3.35 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
5.30 **Man of Steel** Adventure. (2013, 12, 143min) ★★★

10.40 Fury

8.00 **Superman Returns** Adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a five-year absence, Superman returns and finds that old flame Lois Lane is a mother and that old foe Lex Luthor is cooking up more trouble. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Fury** Drama starring Brad Pitt and Shia LaBeouf. A tank crew undertake a mission behind enemy lines in the last months of the World War Two. (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Rear Window** Thriller. (1954, PG, 112min) ★★★★★
2.55 **Kick-Ass 2** Comedy sequel. (2013, 15, 99min) ★★★
4.45 **to 6.30** AM **Hancock** Action comedy fantasy starring Will Smith and Charlize Theron. (2008, 12, 92min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Sky Cinema Preview**
7.00 **Earth Girls Are Easy** (1988)
8.55 **Don't Tell Mom the Babysitter's Dead** As 11.35pm.
10.45 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
12.30 PM **Nutty Professor II: The Klumps** (2000, 12) ★★★
2.25 **Beverly Hills Cop** (1984)
4.20 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
6.25 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★

6.25 Ace Ventura Pet Detective

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey as pet detective Ace Ventura, here searching for a sacred white bat in Africa. With Ian McNeice and Simon Callow. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Earth Girls Are Easy** Musical comedy about three sex-hungry aliens who crash-land in a Los Angeles swimming pool, starring Geena Davis. (1988, PG, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Don't Tell Mom the Babysitter's Dead** Comedy. (2024, 15, 99min) ★★★
1.25 AM **The Naked Gun** Thriller. (1988, 15, 85min) ★★★★
3.05 **The Naked Gun 2½: The Smell of Fear** Comedy sequel. (1991, 15, 81min) ★★★
4.45 **to 6.15** AM **The Naked Gun 33⅓: Final Insult** Comedy sequel. (1994, 12, 83min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
7.50 **Barber** As shown at 1.50am.
9.25 **The Firm** John Grisham legal thriller starring Tom Cruise. (1993, 15, 155min) ★★★
12.15 PM **Collateral** (2004) ★★★★
2.20 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
4.15 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
6.20 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★

10.35 Swallowed

8.00 **The Da Vinci Code** Conspiracy thriller starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Swallowed** Horror starring Cooper Koch. After a drug run goes bad, two friends endure a nightmarish ordeal. (2022, 18, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
1.50 **Barber** Mystery starring Aidan Gillen. (2023, 15, 90min) ★★★
3.25 **Machete** Action adventure. (2010, 18, 104min) ★★★
5.15 **to 7.40** AM **K-19: The Widowmaker** War thriller. (2002, 12, 138min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ferdinand** Animation. (2017, U, 102min) ★★★
1.05 PM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
3.15 **The Smallest Show on Earth** Comedy. (1957, b/w, U) ★★★★
4.55 **San Demetrio, London** World War Two drama. (1943, b/w, PG, 105min) ★★★★
6.55 **Belle** Fact-based period drama. (2013, 12, 100min) ★★★★

9.00 Ticket to Paradise

Belle (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Ticket to Paradise** Romantic comedy with George Clooney and Julia Roberts. A divorced couple travels to Bali to stop their daughter's pending wedding. (2022, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **Little Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A male nurse must prove to his father-in-law that he is worthy of taking his place as the family patriarch. (2010, 12, 94min) ★★★
1.00 **to 3.15** AM **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger. (1987, 15, 107min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.00 AM **Green Lantern** As 2.05pm.
8.00 **The Fast and the Furious**
9.55 **2 Fast 2 Furious** Thriller sequel. (2003, 12, 108min) ★★★
11.45 **Hulk** As shown at 4.40am.
2.05 PM **Green Lantern** Superhero adventure starring Ryan Reynolds. (2011, 12, 114min) ★★
4.05 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★

6.05 **I Am Legend** Sci-fi horror thriller starring Will Smith, Alice Braga and Charlie Tahan. (2007, 15, 101min) ★★★★
8.00 **Furiosa: A Mad Max Saga** Fantasy starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by Dementus. (2023, 15, 148min) ★★★★
10.30 **Bad Boys: Ride or Die** Action adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★

12.30 AM **Raiders of the Lost Ark**
2.40 **The Fast and the Furious** Crime action thriller starring Vin Diesel and Michelle Rodriguez. (2001, 15, 107min) ★★★
4.40 **to 7.05** AM **Hulk** Sci-fi action fantasy starring Eric Bana. (2003, 12, 138min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.05 AM **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
8.15 **The Taming of the Shrew** Comedy. (1967, U) ★★★★
10.20 **Weird Science** As 1.20am.
12.00 NOON **48 Hrs** As 11.40pm.
1.40 PM **The Naked Gun** Thriller. (1988, 15, 85min) ★★★★
3.10 **The Naked Gun 2½: The Smell of Fear** Police comedy sequel. (1991, 15, 81min) ★★★

4.40 **The Naked Gun 33⅓: The Final Insult** Spoof comedy sequel. (1994, 12, 83min) ★★★
6.10 **Twins** Action comedy starring Arnold Schwarzenegger. (1988, PG, 107min) ★★★
8.00 **HouseSitter** Comedy starring Steve Martin and Goldie Hawn. (1992, PG, 102min) ★★★
9.45 **Junior** Comedy starring Arnold Schwarzenegger and Danny DeVito. (1994, PG, 110min) ★★★
11.40 **48 Hrs** Thriller with Nick Nolte. (1982, 15, 97min) ★★★★★

1.20 AM **Weird Science** Fantasy comedy starring Kelly LeBrock. (1985, 12, 94min) ★★★
3.10 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
5.10 **to 7.15** AM **Star Trek: First Contact** Sci-fi adventure. (1996, 12, 110min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.35 AM **DC Super Hero Girls: Legends of Atlantis** As 1.55am.
8.00 **Home** Animation. (2014, U) ★★★
9.40 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
11.25 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
1.00 PM **Open Season** Animation. (2006, PG, 86min) ★★★★
2.30 **The Night Before Christmas in Wonderland** (2024, U) ★★★★

4.00 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
5.35 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★
7.30 **Penguins of Madagascar** Animated comedy adventure. (2014, U, 88min) ★★★★
9.10 **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
10.35 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★

12.15 AM **Trolls Band Together** Animation. (2023, U) ★★★
1.55 **DC Super Hero Girls: Legends of Atlantis** Animated fantasy. (2018, PG, 75min) ★★★
3.15 **Rebellious** (2024, PG) ★★★
4.55 **to 6.30** AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★

Movies 24

312 313 419

7.00 AM **The Christmas Toy Maker** Drama. (2021, PG, 84min) ★★
9.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
11.00 **Sealed with a List** Festive drama. (2023, PG, 84min) ★★
1.00 PM **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★
3.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★

5.00 **The Mistletoe Secret** Romantic drama. (2019, PG, 83min) ★★
7.00 **Christmas Stars** Comedy starring Erica Durance. A singer and a songwriter find their relationship under pressure from the demands of the record industry. (2019, PG, 88min) ★★
9.00 **Three Wiser Men and a Boy** Comedy starring Paul Campbell. (2024, PG, 84min) ★★
11.00 **Happy Holidays from Cherry Lane** Festive drama anthology sequel. (2024, PG, 90min) ★★

1.00 AM **The Great Christmas Switch** Comedy starring Sarah Lind. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 7/38. (S1)
6.35 **13 East Street** Crime thriller. (1952, b/w, PG, 70min) ★★
7.45 **Third Party Risk** Thriller. (1955, b/w, U, 70min) ★★
9.10 **The Voice of Merrill** Thriller. (1952, b/w, PG, 81min) ★★
10.50 **The Big Trail** Western. (1930, b/w, U, 117min) ★★
1.10 PM **An Inspector Calls** Drama. (1954, b/w, PG, 79min) ★★★★

2.45 **Appointment with Venus** Comedy starring David Niven, Kenneth More and Glynis Johns. (1951, b/w, U, 89min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 25/39. (S1)
5.30 **Bonanza** 25/32. (S1)
6.30 **The Vise** 2/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 5/13. (S7)
9.05 **The Executioner** Espionage thriller starring George Peppard, Joan Collins and Keith Michell. (1970, PG, 110min) ★★

11.20 **The Man with the Golden Arm** Drama. (1955, b/w, 15) ★★★
1.50 AM **Fedora** Billy Wilder's drama. (1978, PG, 115min) ★★
4.05 **The Fall of the House of Usher** Horror. (1950, b/w, PG) ★★
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments, and updates on sporting events taking place across the globe.
4.00 LIVE **WTA & ATP Tennis** Coverage from day two of the Canadian Open, the ATP event in Toronto and the WTA event in Montreal, both of which are hard-court tournaments. Today will see the conclusion of the first round in both competitions, with players hoping to avoid elimination at the first step. That was the fate that befell British star Jack Draper 12 months ago when he lost in straight sets to Australia's Jordan Thompson. Katie Boulter fared better in the women's event, triumphing 6-4, 3-6, 6-1 over qualifier Bernarda Pera.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **PL Retro** Birmingham City v Aston Villa from 2002.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights**
8.00 **Gary Neville's Soccerbox**
9.00 **We're Not Really Here: Man City** A look at Manchester City's season in the third tier.
9.30 **Gary Neville meets Ruben Amorim** An interview with the Manchester United head coach.
9.45 **Masterclass: Gianfranco Zola and Cole Palmer** Club legend Gianfranco Zola returns to Chelsea to meet Cole Palmer for a goalscoring masterclass.
10.00 **Class of '92: Full Time** Fan unrest prompts Gary Neville to make some big changes.
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 06/07**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2021 final.
11.00 **Best Goals of the EFL Cup 2020/21** Archive action.
11.30 **EFL Trophy Football**
12.00 NOON **EFL Play-off Finals 15/16**
3.00 PM **EFL Greatest Games**
4.00 **EFL Cup Final 16** Action from Liverpool v Manchester City.
5.00 **Championship Season Review** A look at the 2015/16 season.
6.00 The 2023/24 season.
7.30 **EFL** Highlights from Sheffield United v Sunderland in the Championship play-off final.
8.30 Highlights from Charlton Athletic v Leyton Orient in the League One play-off final.
9.30 AFC Wimbledon v Walsall in the League Two play-off final.
10.30 **SPFL** A look back at the best goals of the 2009/10 season.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Highlights**
1.00 AM **EFL** Archive highlights.
2.00 **EFL Highlights**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of England v India**
7.00 **Test Cricket** England v India.
8.00 **Best of England v India**
9.00 **Test Cricket Bitesize**
10.15 **Best of ICC WT20** Action from England v India from 2007.
10.30 **Best of England v India** The 2013 ICC Champions Trophy final.
11.00 **Test Cricket** England v India from day five of the fourth Test.
12.00 NOON **Women's T20 Blast** Replay of the eliminator match on finals day at The Oval, London.
3.30 PM **Women's T20 Blast** Replay of the final at The Oval in London.
7.15 **Best of England v India** Action from the 2013 ICC Champions Trophy final at Edgbaston.
7.45 **Best of ICC WT20** Action from England v India from 2007.
8.00 **Test Cricket** England v India: Highlights from all five days of the fourth Test staged at Emirates Old Trafford in Manchester.
1.00 AM **Women's One-Day International Cricket** England v India staged at The Rose Bowl.
4.00 **Ashes Greats** Profiles.
4.30 **Best of ICC WT20**
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **AIG Women's Open Official Film 2024**
7.00 **European Seniors Golf** Another chance to see day four of the Senior Open Championship.
12.30 PM **PGA Tour Golf** A replay of day four of the 3M Open.
5.30 **HotelPlanner Tour Golf Highlights** German Challenge.
6.00 **European Seniors Golf** The Senior Open Championship.
7.00 **PGA Tour Golf** The 3M Open.
8.00 **Ladies European Tour Golf** Another chance to see day four of the Women's Scottish Open.
12.00 M'T **Legends Tour Golf**
1.00 AM **PGA Tour Golf**
2.00 **Playing Lessons**
3.00 **Ladies European Tour Golf**
4.00 **European Seniors Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis** The Washington Open final.
10.00 **WTA Tennis** Highlights of the Prague Open final in Czechia.
11.00 **ATP Tennis** Austrian Open final.
12.00 NOON Croatia Open final.
1.00 PM **WTA & ATP Tennis** Day one of the Canadian Open.
4.00 LIVE **WTA & ATP Tennis** Coverage of day two of the ATP and WTA Canadian Open events, both are hard-court tournaments.
4.00 AM **ATP Sizzle Reel 2024**
4.15 **WTA Sizzle Reel 2024**
4.30 **ATP Tennis** Monte-Carlo Masters.
4.45 **Martina Navratilova: Unstoppable** An interview.
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Cycling** Tour de France.
7.00 Tour de France Women.
8.00 **The WRC Magazine**
8.30 **International T20 Cricket Highlights** West Indies v Australia in the five-match T20 series.
10.30 **Superbike World Championship** From Hungary.
12.00 NOON **Cycling** Tour de France.
1.00 PM Tour de France Women.
2.00 LIVE **Tour de France Women** Coverage of stage three of the race, which is a 163.5km route from La Gacilly to Angers.
5.15 **Race Bikes** Mountain Bike racing.
5.45 **Playing for Our Future – Cycling**
6.00 LIVE **Ultimate Pool** Coverage of Group Nine of the Pairs Cup, as leading eightball players battle it out for places in the next stage.
9.30 **Shanghai Masters Snooker** Action from the first day.
11.30 **Crouchy and Cole**
11.45 LIVE **International T20 Cricket West Indies v Australia.** Coverage of the fifth and final T20 in the series from Warner Park in St. Kitts and Nevis.
4.00 AM **UEC Mountain Bike European Championship**
5.00 **to 6.00** AM **British Superbikes**

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League – Classics** Archive highlights.
7.00 LIVE **Shanghai Masters Snooker** Coverage of the second session from the first round of the tournament staged at Luwan Gymnasium in Shanghai, China.
10.30 **UEC Mountain Bike European Championship** The XCO Elite women's race in Melgaco, Portugal.
11.30 Action from the XCO Elite men's race in Melgaco, Portugal.
12.30 PM LIVE **Shanghai Masters Snooker** Coverage of the third session from the first round of the tournament, at Luwan Gymnasium, Shanghai, China.
4.00 **Premier League Review** A look back at week 14 through to week 21 of the 2024/25 season.
12.00 M'T **Ally's Social Club** With snooker player Ronnie O'Sullivan.
12.30 AM LIVE **MLB Milwaukee Brewers v Chicago Cubs.** Coverage of the National League Central match from American Family Field. Start-time **12.40am**.
3.45 **British Superbikes Rewind** Action from Knockhill.
4.00 **to 6.00** AM **Shanghai Masters Snooker**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** A replay of Australia v British & Irish Lions the second Test of the three-match series, held at Melbourne Cricket Ground.
10.30 **Lions Legends** Player profiles.
12.00 NOON **British and Irish Lions Tour** Action from Australia v British & Irish Lions in the first Test.
1.00 PM Australia v British & Irish Lions. Action from the second Test.
2.00 PM **The Rugby Championship** Another chance to see Australia v South Africa at Suncorp Stadium in Brisbane from 2024.
4.15 **Lions Legends** Martin Johnson.
4.30 **British and Irish Lions Tour** Another chance to see Australia v British & Irish Lions in the second Test at Melbourne Cricket Ground.
9.00 **British and Irish Lions Tour** Highlights from New Zealand v British & Irish Lions from 2017.
10.00 **Lions Legends** Profiles of Welsh backs from 1971 and 1974.
10.30 Mervyn Davies.
10.45 Martin Johnson.
11.00 **British and Irish Lions Tour**
1.00 AM **Lions Legends**
2.00 **British and Irish Lions Tour**
4.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Stockport County v Leyton Orient.
6.30 Highlights of Charlton Athletic v Wycombe Wanderers.
7.00 **Good Morning Sports Fans** Views on today's early stories and a look at the back pages.
10.00 **Sky Sports News** Round-up of the morning's sports news.
12.00 NOON **Lunchtime Live** A look at all the sports headlines.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
4.00 LIVE **WTA & ATP Tennis** Coverage from day two of the Canadian Open, the ATP event in Toronto and the WTA event in Montreal, both of which are hard-court tournaments. Today will see the conclusion of the first round in both competitions, with players hoping to avoid elimination at the first step. That was the fate that befell British star Jack Draper 12 months ago when he lost in straight sets to Australia's Jordan Thompson. Katie Boulter fared better in the women's event, triumphing 6-4, 3-6, 6-1 over qualifier Bernarda Pera.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **World Matchplay Darts**
9.30 **PL Greatest Games**
10.00 **ATP Tennis** Austrian Open final.
11.00 **Formula 1** Belgian Grand Prix.
1.00 PM **Good Morning Football**
3.00 **PL Greatest Games**
4.00 **Formula 1** Belgian Grand Prix.
6.00 **NBC's Pro-Football Talk**
8.00 **ATP Tennis** Austrian Open final.
9.00 **WTA Tennis** Prague Open final.
10.00 **ATP Tennis** Croatia Open final.
11.00 **European Seniors Golf** The Senior Open Championship.
12.00 M'T **PL Greatest Games**
1.00 AM **PGA Tour Golf**
2.00 **ATP Tennis** Austrian Open final.
3.00 **EFL Greatest Games**
4.00 **European Seniors Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** Replays of matches from the archives.
1.30 PM **Supertri E World Triathlon Championship** The opening race of the season in Toronto, Canada.
2.30 **International T20 Cricket Highlights** West Indies v Australia.
4.30 **WNBA** A replay of Connecticut Sun v Golden State Valkyries.
5.30 **International T20 Cricket Highlights** The Tri-Series final.
6.30 **MLB Highlights** Baseball action.
7.30 **Race Bikes** Mountain Bike racing.
8.00 **The Gruppetto** Recent action from the Men's Tour de France.
8.15 **Cycling** Tour de France Women.
9.15 **Fishing: On the Bank**
10.15 **British Superbikes Rewind**
10.30 **International T20 Cricket Highlights** West Indies v Australia.
11.30 **MLB Highlights**
12.30 AM **Motocross World C'ship**
2.45 **Cycling** Tour de France Women.
3.45 **The Gruppetto**
4.00 **to 6.00** AM **Formula E**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Hawthorn v Carlton.
7.30 **AFL** Essendon v Western Bulldogs.
9.00 **AFL** GWS Giants v Sydney Swans.
10.30 **AFL** Another chance to see Gold Coast Suns v Brisbane Lions.
12.00 NOON **British Superbikes** Action from Brands Hatch in Kent.
1.00 PM **MLB Highlights** Action from Major League Baseball.
2.00 **Motocross World Championship** Highlights of races in the Czech Republic.
5.00 **British Superbikes Highlights** Action from Brands Hatch in Kent.
6.00 **ABB FIA Formula E World Championship Highlights** Action from the London ePrix.
8.00 **AFL** Hawthorn v Carlton.
9.30 **AFL** Another chance to see Essendon v Western Bulldogs.
11.00 **AFL** GWS Giants v Sydney Swans.
12.30 AM **AFL** Another chance to see Gold Coast Suns v Brisbane Lions.
2.00 **UFC Reloaded** Archive action.
5.30 **to 6.00** AM **Crouchy and Cole**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **LaLiga** Real Madrid v Barcelona.
9.00 **PSA Squash Highlights**
10.00 **Transworld Sport** Magazine.
11.00 **World Surf League**
12.00 NOON **LaLiga Specials**
1.00 PM **DTM Highlights**
2.00 **Indy Autonomous Challenge**
3.00 **Motorsport** Highlights.
4.00 **LaLiga Specials**
5.00 **Transworld Sport** Magazine.
6.00 **Viva LaLiga**
7.30 **LaLiga Specials** The best saves from the 2024/25 season.
8.00 **PSA Squash Highlights** Action from the PSA Finals.
9.00 **British Minibikes** Action from the third round of the season.
10.00 **LaLiga Specials**
11.00 **LaLiga** Barcelona v Real Madrid.
1.00 AM **LaLiga** A rerun of Real Madrid v Barcelona.
3.00 **World Surf League**
4.00 **LaLiga Specials**
5.00 **to 6.00** AM **PSA Squash**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **NASCAR Xfinity Series**
12.30 PM **FastZone** Motorsports action.
1.00 **LaLiga Specials**
2.00 **United Rugby Championship** A replay of Leinster v Glasgow Warriors in the first semi-final.
4.00 **United Rugby Championship** Another chance to see Bulls v Sharks in the second semi-final.
6.00 **United Rugby Championship** Another chance to see Leinster v Bulls in the Grand Final.
8.00 **Temples of Sport** Iconic sporting venues from around the globe.
9.00 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers in game one of the Stanley Cup Finals which was staged at Rogers Place.
12.00 M'T **NHL Ice Hockey** Edmonton Oilers v Florida Panthers in game two of the Stanley Cup Finals.
3.30 AM **NHL: This is Hockey**
4.00 **to 6.00** AM **Coppa Italia**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Another chance to see the Belgian Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 2** Highlights.
12.20 PM **F1 Explained**
12.25 **Oscar Piastri Hot Lap**
12.30 **Brad Pitt Drives a McLaren F1 Car** At Circuit of The Americas.
12.45 **Formula 1** The Belgian Grand Prix practice session.
2.00 The sprint qualifying session.
3.00 Action from the Belgian Grand Prix Sprint Race.
4.00 **Lewis Hamilton: Why Heritage Matters** Interview with the driver.
4.30 **Formula 1** Another chance to see Belgian Grand Prix qualifying.
6.30 **Ted's Notebook**
7.00 **Formula 1** Belgian Grand Prix.
9.15 **Ted's Notebook**
9.45 **Carlos Sainz & the Lie Detector**
10.00 **Formula 1** Belgian Grand Prix.
11.00 **Ted's Notebook**
11.30 **Indycar** Grand Prix of Monterey.
2.00 **to 6.00** AM **The Home of F1**

Tuesday

29 July

Evening Planner

Tuesday

Horse Racing

Goodwood Festival
ITV1, 1pm
Racegoers will be descending on West Sussex as the five-day Glorious Goodwood flat-racing festival begins.

Documentary

Pompeii: Life in the City
5, 9pm
Dan Snow and historian Dr Kate Lister explore the city of Pompeii to learn what it was like to live there 2,000 years ago.

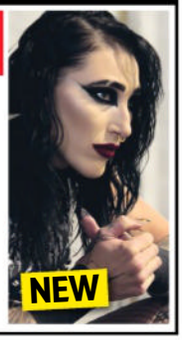
Documentary

The Nazi Cartel
Sky Documentaries, 9pm
How a DEA agent came across a wanted Nazi war criminal while on an undercover operation in Argentina in the 1970s.

OnDemand

NETFLIX

WWE: Unreal
Available today
We're invited into the writers' room to learn about the process behind shows including *WWE: Raw*.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 The Great British Sewing Bee		10.00 News; Local News	10.40 This...
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 Operation Dark Phone: Murder by Text		10.00 1,000 Men and Me: The Bonnie Blue...	
	105 5	7.00 Cumbria: The Lakes & the Coast		8.00 Coastal Adventures with Helen, Jules...		9.00 Pompeii: Life in the City with Dan Snow		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 A League of Their Own: The Rally		9.00 Film: Ocean's Thirteen			
ENTERTAINMENT	115 BBC3	7.00 Seven Worlds, One Planet		8.00 The Agency: Unfiltered		9.00 A Good Girl's Guide to Murder			10.25 Him & Her...
	116 BBC4	7.00 A Summer...	7.30 Walk the Line...	8.00 The Good Life	8.30 Yes, Minister	9.00 Nelson's Caribbean Hell-Hole...		10.00 DeLorean: Back from the Future	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Transaction	10.35 Family Guy
	136 MORE4	‹ 6.55 The Dog House New Zealand		7.55 The Dog House		9.00 24 Hours in Police Custody...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country		9.00 The Rookie		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 Gomorrah			
	110 U&GOLD	‹ 6.50 Dad's Army	7.30 Still Open All Hours	8.10 The Vicar of Dibley				10.00 The Royle Family	10.35 Neil &...
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI	
	119 ITV3	‹ 6.50 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 King of the Roads		8.00 World Superbike Highlights		9.00 Hell's Kitchen		10.00 Film: Beverly Hills Cop II	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Men in Black 3			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own: The Rally		9.00 The Walking Dead: Dead City		10.00 Creature...	10.30 Freddie Down...
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 My Life Is Murder		10.00 Father Brown	
	130 SKY ARTS	7.00 Opry Live		8.00 The Art Mysteries		9.00 Jack B Yeats: The Man Who Painted Ireland			10.15 Brendan Gleeson's...
	132 U&W	7.00 Inside the Ambulance		8.00 DIY SOS: The Big Build		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Gold Rush: White Water		10.00 Jaws vs. Mega Croc	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Liberation: D-Day to Berlin				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Caribbean with Simon Reeve		8.00 Classic Car Kings		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Chimp Crazy		8.00 Escobar by Escobar		9.00 The Nazi Cartel		10.00 Kings of Coke	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Wicked		8.00 Kraven the Hunter					10.15 William Tell
	302 FAVOURITES	‹ 5.35 Wonder Woman		8.00 Man of Steel					10.25 Justice League
	303 ANTI HEROES	‹ 6.10 The Beekeeper		8.00 Beetlejuice Beetlejuice				10.00 Bad Boys II	
	304 GREATS	‹ 6.10 Singin' in the Rain		8.00 The Great Gatsby					10.25 The Sting
	305 ANIMATION		7.20 Transformers One			9.10 Open Season 3			10.30 Madagascar 3...
	306 SCHOOL'S OUT		7.20 The Secret Garden			9.15 Robin and the Hoods			
	307 ACTION	‹ 5.55 Bad Boys for Life		8.00 Twisters				10.05 Hulk	
	308 COMEDY	‹ 6.25 The Naked Gun		8.00 School of Rock			9.50 The Cable Guy		
	309 THRILLER	‹ 6.00 Paradise Highway		8.00 Angels & Demons					10.30 The Island
	310 DRAMA	‹ 6.05 Eternal Sunshine of the Spotless Mind		8.00 Erin Brockovich					10.15 Cries and Whispers
	311 SCI-FI	‹ 6.05 Five Nights at Freddy's		8.00 The Meg				10.00 28 Days Later..	
	313 FILM4	‹ 6.10 Transformers: Revenge of the Fallen				9.00 Everything Everywhere All at Once			
SPORT	401 MAIN EVENT	‹ 4.00 Tennis – Live: The Canadian Open							
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 MNF Special	9.30 Unpacked	10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL Cup Highlights		8.00 Best Scottish Premiership Goals				10.00 SPFL	
	404 CRICKET	7.00 Test Cricket						10.00 Women's International One-Day...	
	410 TNT SPORTS 1	7.00 International T20 Cricket Highlights		8.00 Lomu: The Lost Tapes			9.15 Gallagher Premiership...	10.00 MLB: Off the...	10.30 MLB Highlights
	411 TNT SPORTS 2	7.00 PL Review							

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition The hippos make their return. (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Norfolk, Derbyshire and Liverpool. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Sarah Moore attempts a fish tank transformation. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Great British Sewing Bee

7 PM

7.00 **The One Show** Alex Jones and JB Gill present the topical show. (S)
7.30 **EastEnders** Suki seeks answers, Lauren and Peter clash over family matters, while Harry tries his best to protect a friend. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** The host and the team assist the Noel family declutter and transform their three-bedroom home in east London to help give them the fresh start they have been dreaming of. (S)(R)

9 PM

9.00 **The Great British Sewing Bee** New edition 3/10. Taking inspiration from Diane von Furstenberg and Vivienne Westwood, the sewers make a wrap dress and create punk-inspired home furnishings. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **This Country** 1/6. Kerry has turned over a new leaf and is trying to give back to her community, while Kurtan is coming to terms with his decision not to go to Swindon College. (S2) (S)(R)(AD)
11.05 **This Country** 2/6. Kurtan takes a labouring job with Martin and learns some life lessons. (S2) (S)(R)
11.35 **High Country** 5/8. Checking out a tip from Damien, Andie looks for evidence in the wilderness. (S)(R)
12.20 AM 6/8. The discovery of a marijuana crop leads Andie to suspect the missing couple were killed after finding it. (S1) (S)(R)
1.05 **Weather for the Week Ahead** (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: The Repair Shop on the Road** Items include a window pane with a hand inscription by Robert Burns. (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Universe** Extra-terrestrials. (S)(R)
5.15 **Flog It!** Powderham Castle. (S)(R)
6.00 **Richard Osman's House of Games** Featuring guests Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell. (S)(R)
6.30 **Rick Stein's Food Stories** In Argyll, Rick meets a foraging chef and catches langoustine with a fisherwoman. (S)(R)

8.00 Digging for Britain

7.00 **The Hairy Bikers Go West** Culinary travel series. The duo explore Lancashire, travelling to Morecambe Bay, the market town of Ormskirk, and the village of Tarleton. They also cook dishes including lamb chop pakoras with a tahdig. (S)(R)

8.00 **Digging for Britain** Alice Roberts explores archaeological treasures in the west of Britain, including the remains of Snodhill Castle in Herefordshire and the oldest house found in Cardiff. (S)(R)

9.00 **QI XL** Stephen K Amos, Susan Calman and Lou Sanders join Alan Davies and Sandi Toksvig for the quiz show. (S)(R)
9.45 **Live at the Apollo** Ria Lina hosts the comedy show at Hammersmith Apollo, introducing stand-up routines by fellow comedians Josh Pugh and Lucy Beaumont. (S)(R)
10.30 **Newsnight** (S)
11.00 **Inside the Cult of the Jesus Army** 1/2. Documentary. (S)(R)
12.00 M'T **FILM All the President's Men** Fact-based political thriller starring Robert Redford and Dustin Hoffman as the two *Washington Post* reporters who uncovered the political scandal which brought down US President Richard Nixon. (S) (1976, 15, 135min) ★★★★★
2.15 AM **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
2.45 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
3.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day one of the festival, featuring the 3.05 Goodwood Cup and races at 1.20, 1.55, 2.30 and 3.45. With analysis from Jason Weaver, reports by Rishi Persad, Matt Chapman and Luke Harvey, and commentary from Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

10.45 Creed

7.30 **Emmerdale** The Dingles are divided, while April is reunited with Dylan, and Robert's suspicions start to worry John. (S)(AD)

8.00 **Midsomer Murders** *For Death Prepare:* Detective drama series. The members of amateur operatic society the Midsomer Mummers are busy rehearsing for their charity concert when the body of an unknown man is found in their theatre. Barnaby and Winter's investigation becomes a race to discover who is desperate to be centre stage. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Creed** Boxing drama starring Michael B Jordan and Sylvester Stallone. The son of a boxer turns to former champion Rocky Balboa for help following in his father's footsteps. (S)(AD) (2015, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **Under the Bridge** 1/8. Drama starring Riley Keough. After a 14-year-old goes missing on an island in British Columbia, a novelist is drawn into a world of the teenage suspects. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 15-18/26. (S4) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 13-16/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** A Ford Mondeo. (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Mijas Costa, Spain. (S)(R)
4.00 **The Great House Giveaway** A structural engineer and housewife team up in Newcastle. (S)(R)
5.00 **Chateau DIY** A kitchen renovation is jeopardised by ants playing havoc with the electric. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** The Rodriguez sisters help a couple from Glasgow find their ideal holiday home. (S)(R)

10.00 1,000 Men and Me

7.00 **News** (S)

8.00 **Bake Off: The Professionals** Series finale 10/10. The finalists pour all their patisserie passion and expertise into two final challenges that involve creating a window display and preparing a banquet. (S)(AD)

9.00 **Operation Dark Phone: Murder by Text** New edition 3/4. There's a fatal development in the Netherlands investigation as the National Crime Agency mobilise to find the mole within their own team. (S)(AD)

10.00 **NEW 1,000 Men and Me: The Bonnie Blue Story** Following the adult content creator during the most eye-opening six months of her life after the announcement she had slept with 1,057 men in January 2025. (S)(AD)
11.25 **First Dates** (S)(R)(AD)
12.25 AM **Crime Scene Cleaners** (S)(R)
1.15 **Car S.O.S** (S)(SL)(R)(AD)
2.10 **Travel Man: 48 Hours in Prague** With Adam Buxton. (S)(SL)(R)(AD)
2.35 **FILM Benjamin** Simon Amstell's comedy drama with Colin Morgan. (S)(AD) (2018, 15, 85min) ★★★
4.00 **Devon and Cornwall: Coastal Lives** Documentary. (S)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Engaged to Be Murdered** Thriller starring Pascale Hutton. (S) (2024, U, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Cameras focus on Wigan couple Jane and Andy, who joined a team of volunteers at a donkey sanctuary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly Australia** Training a Maltese shih tzu with an uncontrollable barking habit. (S)(R)
6.55 **News** (S)

8.00 Coastal Adventures

7.00 **Cumbria: The Lakes & the Coast** The new manager of Muncaster Castle has a plan to diversify by opening the doors to rooms previously shut to the public. (S)(R)
7.55 **News** (S)
8.00 **Coastal Adventures with Helen, Jules & JB** New edition 3/8. In south-west Scotland, Helen Skelton journeys into the rolling hills of Bainloch Deer Park, home to more than six hundred red, sika and fallow deer. (S)
9.00 NEW SERIES **Pompeii: Life in the City with Dan Snow** 1/4. Dan Snow and Dr Kate Lister reveal what it would have really been like to live in Pompeii – the world's best preserved Roman city. (S)
10.00 **Ben Fogle: New Lives in the Wild** New edition Ben Fogle goes to the African continent to meet Aleks, a Norwegian model who now resides in the deserts of Botswana. (S)
11.05 **Traffic Cops** (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Playgrounds of the Rich & Famous** Saint Barthélemy. (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 10/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Mr Lisa Goes to Washington:* Lisa wins a trip to Washington, where her faith in democracy is shattered. (S)(R) **5.30** *Oh Brother, Where Art Thou?* Homer traces his long-lost half-brother. (S)(R) **6.00** *When Flanders Failed:* Ned Flanders opens a shop for left-handed customers. (S)(R) **6.30** *Bart the Murderer:* Bart is befriended by mobsters. (S)(R)

8.00 A League of Their Own

7.00 **The Office (US)** *After Hours:* 16/24. Nellie pits Packer against Dwight for the vice-president job. (S)(R) **7.30** *Test the Store:* 17/24. Dwight plans an impressive presentation for the Sabre store. (S8) (S)(R)
8.00 **A League of Their Own: The Rally** 2/3. Romesh Ranganathan has more surprises for Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis as they journey through rural France to the Alps. (S)(R)
9.00 FILM **Ocean's Thirteen** Crime caper sequel starring George Clooney and Brad Pitt. Charismatic thief Danny Ocean and his hand-picked gang of crooks plot an elaborate revenge after megalomaniac casino owner Willy Bank double-crosses their friend and mentor Reuben Tishkoff. Their plan is to take him down on the grand opening night of his latest Las Vegas casino. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Creature Commandos** 5/7. Frankenstein is nursed back to health. (S1) (S)(R)
11.45 **Brassic** 3/8. Tommo gets the surprise of his life. (S)(R) **12.40** AM 4/8. (S5) (S)(R)(AD)
1.35 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 10/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **11.35** Scotcast (S)(R) **12.05am** High Country (S)(R)(AD) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.40** This Country (S)(R)(AD) **12.40am** High Country (S)(R)(AD) **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Crimewatch Caught (S)(R) **11.10** This Country (S)(R)(AD) **12.05am** High Country (S)(R)(AD) **1.35-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm Gardening Together with Diarmuid Gavin (S)(R) **10.00-10.30pm** Oul Treasures (R)

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
8.00pm NEW SERIES Tails from the Shelter (S) **8.30** Vanished Wales (S)(R) **9.00-10.00pm** Proud (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dau Gi Bach (AD) **12.30** Heno **1.00** Richard Holt: Yr Academi Felys (AD) **1.30** Ralio: Pencampwriaeth Rali'r Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cyfres Triathlon Cymru **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Cartrefi Cymru **8.55** Newyddion a'r Tywydd **9.00** NEW Redbull Hardline Cymru **10.00** Y Byd ar Bedwar **10.30-11.35pm** Busnes Bwyd

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** David Attenborough looks at the wildlife of Africa.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** 3/10. Kirsten struggles as her post-natal anxiety gets worse. **8.30** 4/10. Kirsten meets with a therapist to get help.
9.00 **A Good Girl's Guide to Murder** 3/6. Pip follows new leads on the case, and takes even bigger risks. **9.40** 4/6. Pip and Ravi try to find out more about Andie's secret life. (S1)
10.25 **Him & Her: The Wedding** 3/5. Laura has to deal with a shocking revelation. **10.55** 4/5. Laura and Paul keep their emotions in check during the speeches. (S4)
11.25 **Planet Sex with Cara Delevingne** Documentary.
12.10 AM **Sky High Club: Scotland and Beyond**
1.10 **A Good Girl's Guide to Murder** 3&4/6. (S1)
2.30 **Him & Her: The Wedding**
3.30 **to 4.00** AM **Sky High Club: Scotland and Beyond**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **A Summer Journey with Angela Rippon**. The end of the journey along the Kennet and Avon Canal.
7.30 **Walk the Line with Barra Best** Railway routes that ran around Lough Neagh.
8.00 **The Good Life**
8.30 **Yes, Minister** Jim makes some rash promises.
9.00 **Nelson's Caribbean Hell-Hole: An Eighteenth Century Navy Graveyard Uncovered** Exploring one of the darkest chapters of Britain's imperial past.
10.00 **DeLorean: Back from the Future** The rise and fall of John Z DeLorean.
11.40 **24 Hours at Le Mans**
12.30 AM **A Summer Journey with Angela Rippon**
1.00 **Walk the Line with Barra Best** As shown at 7.30pm.
1.30 **Art on the BBC: The Great Salvador Dali**
2.30 **to 3.30** AM **Nelson's Caribbean Hell-Hole: An Eighteenth Century Navy Graveyard Uncovered**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Swansea.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Phil Spencer returns to Brixworth in Northamptonshire to catch up with Sarah and Ian.
6.55 **The Dog House New Zealand** New edition A radio DJ and her partner who want a second dog.
7.55 **The Dog House** A storm is brewing when Hurricane the husky meets excitable lurcher puppy Peaches.
9.00 **24 Hours in Police Custody: The Unusual Suspects** How the new routes behind large-scale cannabis importation are leading police to some very different suspects, far from the gangs who traditionally ran the drugs trade.
10.00 **24 Hours in A&E** A 95-year-old woman may have sustained life-changing injuries after falling down a flight of stairs.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Supermarkets Unwrapped: The Vegan Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks**
7.30 **The Simpsons** *Brother from Another Series:* Sideshow Bob is released from prison.
8.00 **Below Deck** New edition The King and Queen continue to tax the interior and the galley as Chef Anthony spirals into a place that he may not be able to recover from.
9.00 **Gogglebox** The critics review *Coronation Street* and *Married at First Sight UK*. **10.00** The households' opinions on *Planet Earth III*, *Mamma Mia! I Have a Dream* and *Surviving Paradise*.
11.05 **Naked Attraction's Best Naughty Bits**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.35 **Modern Family**
3.25 **Below Deck**
4.15 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

- **6.00** AM **Stop, Search, Seize**
- **7.00** **Border Security: Canada's Front Line** Double bill.
- **8.00** **Border Patrol**
- **9.00** **Sun, Sea and A&E**
- **10.00** **Stop, Search, Seize**
- **11.00** **The Good Doctor** 6/10. (S7)
- **12.00** NOON **FBI** 6/22. (S4)
- **1.00** PM **FBI: International** (S1)
- **2.00** **FBI: Most Wanted** 6/15. The team race to rescue a mother and daughter. (S2)
- **3.00** **Caught Red Handed**
- **4.30** **Nothing to Declare**

10.00 The Cleaning Lady

7 PM — **7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM — **8.00 Fire Country** *No Future, No Consequences:* 9/10. Station 42 and Three Rock battle a dangerous campaign fire. (S2)

9 PM — **9.00 The Rookie** New episode *The Kiss:* 9/18. The team locate a suspect after a series of events affects one of their own. (S7)

10 PM — **10.00 The Cleaning Lady** *El Reloj:* 6/12. Thony gets a lead on Arman's location and Ramona tries to cut a deal with Nadia. (S3)

- **11.00** **FBI** 1&2/13. (S6)
- **1.00** AM **Fire Country** 10/10. (S2)
- **2.00** **NEW SERIES Fire Country** A helicopter crashes. (S3)
- **3.00** **The Good Doctor** 4/10. (S7)
- **4.00** **The Real A&E**
- **5.00** **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

- **6.00** AM **The Guest Wing**
- **8.00** **True Blood** 9&10/12. (S1)
- **10.00** **Six Feet Under** 4&5/13. (S2)
- **12.10** PM **House of the Dragon**
- **1.20** **Gangs of Milan: Blocco 181**
- **3.35** **True Blood** 9/12. Tara consults with Miss Jeanette to cure her own problems. **4.35** 10/12. Sam shares his secret with Sookie. (S1)
- **5.35** **Six Feet Under** 4/13. Nate returns to Seattle to collect a body and meets an old flame. **6.45** 5/13. Brenda turns to a prostitute for inspiration. (S2)

9.00 Gomorrah

7.50 House of the Dragon *We Light the Way:* 5/10. Daemon visits his wife in the Vale, while Viserys and Rhaenyra broker agreements with the Velaryons. (S1)

9.00 Gomorrah 7/12. O'Principe enjoys his rise to power as the head of the new breed of Camorristi. In Italian.

10.00 Gomorrah 8/12. Ciro sets out to find the killer while preventing tensions from boiling over. Subtitled. (S2)

- **11.00** **Homicide: Life on the Street** 18/22. An assistant US attorney confesses to killing her ex-husband. (S7)
- **12.00** M'T **The Wire** 10/10. (S5)
- **1.45** AM **The Pacific** 1/10. (S1)
- **2.50** **House of the Dragon** (S1)
- **4.00** **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

- **6.00** AM **Hawaii Five-0** (S9)
- **8.00** **Magnum P.I.** 5/20. (S5)
- **9.00** **Stargate Atlantis** (S2)
- **11.00** **SEAL Team** 2/22. (S2)
- **12.00** NOON **Magnum P.I.** (S5)
- **1.00** PM **Hawaii Five-0** (S9)
- **3.00** **NCIS: Los Angeles** (S13)
- **4.00** **S.W.A.T.** 10/22. (S5)
- **5.00** **SEAL Team** 1/22. Militants take hostages on an oil rig in the Gulf of Guinea. (S2)
- **6.00** **Stargate Atlantis** 11/20. Part two of two. The Wraith hold the team hostage on a ship with no obvious escape. (S2)

10.00 Creature Commandos

7.00 Stargate Atlantis *Epiphany:* 12/20. Sheppard tries to analyse the workings of an ancient device. (S2)

8.00 A League of Their Own: The Rally Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis continue their race.

9.00 The Walking Dead: Dead City *Why Did the Mainlanders Cross the River?* 3/8. Maggie travels to a surprising place. (S2)

10.00 Creature Commandos New episode 5/7. Frankenstein is nursed back to health. (S1)

10.30 Freddie Down Under 1/6. Andrew Flintoff and Rob Penn set off on a barbecue adventure.

- **11.30** **Brassic** 3&4/8. (S5)
- **1.30** AM **Brit Cops: War on Crime**
- **2.30** **Road Wars**
- **3.00** **NCIS: Los Angeles** (S13)
- **4.00** **S.W.A.T.** 10/22. (S5)
- **5.00** **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

- **6.00** AM **Highlights**
- **8.35** **Georgia and Tommy**
- **9.30** **The Only Way Is Essex**
- **10.15** **Real Housewives of Miami**
- **11.10** **Real Housewives of Salt...**
- **12.05** PM **Dinner Date**
- **1.05** **Georgia and Tommy**
- **2.05** **The Only Way Is Essex**
- **3.05** **Million Dollar Listing: LA**
- **4.00** **Real Housewives of Miami** New edition Reality series.
- **5.00** **Real Housewives of Salt Lake City** Reality series.
- **6.00** **Celebrity Catchphrase**

10.05 Transaction

7.00 Deal or No Deal Stephen Mulhern hosts as Jackie takes on the Banker for the chance to win a life-changing big cash prize.

8.00 Million Dollar Listing: LA Tracy attempts to rescue a pair of first-time home buyers who have buyer's remorse.

9.00 Love Island New edition Reality show in which singletons compete in the hope of finding love and winning a £50,000 prize.

10.05 Transaction Series finale 6/6. Liv reveals a terrible secret. (S1)

10.35 Family Guy 12/18. Peter tries to go viral. (S13)

- **11.05** **Family Guy** 7/18. (S13)
- **11.35** **American Dad!** (S12&11)
- **12.30** AM **Bob's Burgers** 2/22. (S11)
- **1.05** **Plebs** 2/8. (S3)
- **1.35** **Transaction** As 10.05pm.
- **2.05** **Totally Bonkers Guinness World Records**
- **2.35** **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

- **6.00** AM **Classic Emmerdale**
- **7.00** **Classic Coronation Street**
- **8.05** **Midsomer Murders**
- **10.00** **The Royal** *Please Release Me.*
- **11.05** **Heartbeat** Double bill.
- **1.20** PM **Classic Emmerdale**
- **2.25** **Classic Coronation Street**
- **3.25** **Midsomer Murders** *The Green Man:* The collapse of a tunnel exposes a collection of ancient skeletons.
- **5.40** **Heartbeat** *Vigilante:* A woman seeks justice when her husband suffers a fatal heart attack after confronting a burglar.

8.00 Agatha Christie's Poirot

6.50 Heartbeat *Unfinished Business:* Greengrass discovers an unexploded bomb, and the army is called in to deal with it

8.00 Agatha Christie's Poirot *Elephants Can Remember:* The detective investigates the strange murder of an elderly psychiatrist, and old friend Ariadne is pressed to uncover the truth behind two decade-old deaths.

10.00 Foyle's War *Casualties of War:* The body of a local man is discovered, and Foyle's god-daughter and her son come to stay.

- **11.55** **Broadchurch** 5/8. New information forces Hardy and Ellie to re-evaluate what they believe about the case. **12.55** AM 6/8. Ellie tries to wrest back control following some new information. (S2)
- **1.55** **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- **12.00** NOON **This Is BBC Scotland**
- **7.00** PM **Reporting Scotland**
- **7.30** **Roaming in the Wild** Mark and Andrew head to Assynt to seek out the Northern Lights.
- **8.00** **Island Crossings** Oban staff are under pressure due to additional sailings.
- **9.00** **Nightsleeper** 4/6. Abby discovers Joe may be in more danger than she realised. (S1)
- **10.00** **The Cancer Killers** Series finale 2/2. Scientists Himanshu Brahmbhatt and Jennifer MacDiarmid challenge perceived ideas about the interface between science and business.
- **11.00** **Scotcast** New edition Discussion on Scotland's biggest news stories.
- **11.30** PM **to 12.00** M'T **The Chief** 2/4. Miekelson agrees to a revamp. (S1)

Sky Comedy

114/115 112/113 112 347 362

- **8.00** AM **Run** 6&7/7. (S1)
- **9.10** **The Conners** (S5)
- **10.10** **Vice Principals** (S1)
- **11.25** **Camping (US)** (S1)
- **12.45** PM **Silicon Valley** (S5)
- **2.05** **Vice Principals** (S1)
- **3.25** **High Maintenance** (S2)
- **4.25** **Camping (US)** (S1)
- **5.45** **The Conners** (S5)
- **6.45** **The Office (US)** (S8)
- **7.45** **Silicon Valley** 7/8. Gilfoyle suggests a risky proposition. **8.25** 8/8. PiperNet finally launches after overcoming a number of obstacles. (S5)
- **9.00** **And Just Like That...** 9/12. Drama with Sarah Jessica Parker. (S3)
- **9.40** **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
- **10.40** **Veep** 7&8/10. (S2)
- **12.00** M'T **Enlightened** (S1)
- **1.20** AM **Divorce** (S1)
- **2.35** **Somebody Somewhere**
- **3.50** **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

- **6.00** AM **HMS Pinafore with ENO** Comic opera.
- **8.00** **The Joy of Painting**
- **9.00** **Tales of the Unexpected**
- **10.00** **Hitchcock Presents**
- **11.00** **The Directors**
- **12.00** NOON **Discovering**
- **1.00** PM **Tales of the...**
- **2.00** **Stories from the National Portrait Gallery**
- **3.00** **Classic Movies: The Story of Billy Liar**
- **4.00** **The Directors**
- **5.00** **Discovering**
- **6.00** **Tales of the Unexpected**
- **7.00** **Opry Live** With Jelly Roll, Gabby Barrett and Brandon Lake.
- **8.00** **The Art Mysteries**
- **9.00** **Jack B Yeats: The Man Who Painted Ireland**
- **10.15** **Brendan Gleeson's Farewell to Hughes's**
- **11.35** **Sunshine Superman: The Story of Donovan**
- **2.05** AM **Cover Your Ears**
- **4.00** **The Art of Architecture**
- **5.00** **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

- **7.00** AM **Motorway Patrol**
- **8.00** **Border Security: America's Front Line**
- **9.00** **Nothing to Declare**
- **11.00** **Highway Patrol**
- **12.00** NOON **Border Security: America's Front Line**
- **1.00** PM **Border Patrol**
- **2.00** **Nothing to Declare**
- **4.00** **Star Trek: Enterprise**
- **5.00** **Stargate SG-1** (S6)
- **6.00** **Stargate Universe** (S2)
- **7.00** **Star Trek: The Next Generation** 21/26. (S1)
- **8.00** **Star Trek: Deep Space Nine** *Second Skin:* 5/26. Kira is kidnapped. (S3)
- **9.00** **FBI: Most Wanted** (S4)
- **10.00** **FBI: International** (S2)
- **11.00** **Grimm** 3/22. (S5)
- **12.00** M'T **Britain's Most Evil Killers** Steven Grieveson.
- **1.00** AM **Nothing to Declare**
- **2.00** **Brit Cops: Law & Disorder** Documentary.
- **3.00** **Highway Patrol**
- **4.00** **Border Patrol**
- **5.00** **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

- **9.00** AM **Lingo** Quiz show.
- **10.00** **Tipping Point**
- **1.00** PM **Lingo** Quiz show.
- **2.00** **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- **3.00** **Tenable** Five family members take part. **4.00** A family from Blackpool take part.
- **5.00** **Deal or No Deal** Game show hosted by Stephen Mulhern.
- **6.00** **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
- **8.00** **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker for the chance to win a life-changing cash prize.
- **9.00** **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard.
- **12.00** M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
- **12.55** **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

- **8.00** AM **Father Dowling Mysteries** 5/13. (S2)
- **9.00** **Diagnosis Murder**
- **10.00** **Little House on the Prairie** 21&22/25. (S1)
- **12.00** NOON **Highway to Heaven** 12/25. (S1)
- **1.00** PM **Father Dowling Mysteries** 10/13. (S2)
- **2.00** **Diagnosis Murder**
- **5.00** **Murder, She Wrote**
- **8.00** **M*A*S*H** 4&5/25. (S8)
- **9.00** **Randall and Hopkirk (Deceased)** *The Trouble with Women:* 23/26. Jeff and Marty investigate a gambling club. (S1)
- **10.00** **The New Avengers** (S1)
- **11.00** **The Avengers** (S6)
- **12.00** M'T **M*A*S*H** (S8)
- **1.00** AM **Randall and Hopkirk (Deceased)**
- **2.00** **Hart to Hart** 5/22. (S4)
- **3.00** **Crazy Like a Fox** (S1)
- **4.00** **Highway to Heaven**
- **4.50** **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **The Return of Sherlock Holmes** Murder mystery.
8.25 **Kojak**
10.35 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Return of Sherlock Holmes** Murder mystery.
1.45 **Kojak**
3.55 **Magnum, PI**
6.00 **Minder** 4/13. Arthur is conned into purchasing an East German car, a retired greyhound and a piano. (S8)

10.00 Beverly Hills Cop II

7.00 **King of the Roads** Action from the Southern 100, the latest round of the season at the Billown Course on the Isle of Man.
8.00 **World Superbike Highlights** Action from the eighth round of the season at the Balaton Park Circuit in Hungary.
9.00 **Hell's Kitchen** The teams battle it out in an elevated chicken wings challenge that awards the winner the punishment pass.
10.00 FILM **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. (1987, 15, 99min) ★★★
SEX●●● VIOLENCE●●● LANG●●●
12.05 AM **Wrestling: AEW Collision**
2.05 **Auto Mundial**
2.30 **Motorsport Mundial**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 19/26. (S7)
2.00 **Atlantis** 12/13. (S2)
3.00 **Stargate Atlantis** 16/20. (S2)
4.00 **Star Trek: Voyager** 2/26. (S7)
5.00 **Star Trek: The Next Generation** 19/26. (S7)
6.00 **Star Trek: Enterprise** 6/22. Part three of three. Malik organises a mutiny. (S4)

9.00 The Leftovers

7.00 **Atlantis** *The Queen Must Die – Part One:* 12/13. Jason vows to save his fellow prisoners and returns to Atlantis. (S2)
8.00 **Stargate Atlantis** *The Long Goodbye:* 16/20. Alien entities take control of Weir and Sheppard's bodies. (S2)
9.00 **The Leftovers** *Solace for Tired Feet:* 7/10. Kevin's father escapes from the psychiatric hospital. (S1)
10.00 **The Walking Dead** *What We Become:* 13/22. Michonne takes Virgil back to his mysterious island. (S10)
11.00 **Wynonna Earp** 2/12. Wynonna teams up with a new ally to rescue her family. **12.00** M'T 3/12. Wynonna finds herself on the wrong side of the law and Doc works with a new demon. (S4)
1.00 AM **Westworld** 5&6/10. (S1)
3.00 **Room 104** 11&12/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** *The Red Death.*
10.00 **The Mentalist** 6/23. (S1)
11.00 **Hudson & Rex** 12/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 6/6. Period drama. (S2)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 6/23. (S1)
5.00 **Hudson & Rex** 12/16. (S4)
6.00 **Father Brown** *The Red Death:* Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.

9.00 My Life Is Murder

7.00 **Miss Scarlet and the Duke** 6/6. Private investigator Nash is shot just as Eliza agrees to work with him. (S2)
8.00 **Death in Paradise** *Stab in the Dark:* 1/8. A plantation owner is mysteriously killed during a seance. (S4)
9.00 **My Life Is Murder** New episode *The Widow's Club – Part One:* 7/8. Alexa and Will investigate a man's incineration. (S4)
10.00 **Father Brown** *The Owl of Minerva:* A surprising fugitive takes sanctuary in St Mary's.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As 7.00pm.
1.00 AM **Elementary** 11/13. Holmes and Watson join forces with Holmes' father. (S7)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.30 **Dad's Army**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Still Open All Hours**
3.30 **Are You Being Served?**
4.10 **Last of the Summer Wine**
5.30 **Keeping Up Appearances**
6.10 **Are You Being Served?**
6.50 **Dad's Army**

8.10 The Vicar of Dibley

7.30 **Still Open All Hours** The neighbourhood prepare for a wedding.
8.10 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother.
9.05 **The Vicar of Dibley** Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.
10.00 **The Royle Family** The family argue over a television programme.
10.35 **Neil & Martin's Bon Voyage** It's the final leg of the journey.
11.40 **Men Behaving Badly**
12.20 AM **Ricky & Ralf's Very Northern Road Trip**
1.25 **The Royle Family** As 10.00pm.
2.00 **The Vicar of Dibley**
2.55 **to 4.00** AM **Ricky & Ralf's Very Northern Road Trip**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Special Ops: To Catch a Criminal** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Documentary series.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** The chef reveals the Cornwall that he knows and loves.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British markets.

5.00 Rick Stein's Cornwall

7.00 **Would I Lie to You? – The Unseen Bits** Highlights from the third series of the panel show.
7.40 **Richard Osman's House of Games** Guests include Kimberly Wyatt. **8.20** With Ade Adepitan, Jean Johansson, Stephen Mangan and Vikki Stone.
9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with guests Miles Jupp and Olivia Utley.
10.00 **QI** Sandi Toksvig shares her top tips and tools with Joe Lycett, Holly Walsh, Bill Bailey and regular panellist Alan Davies.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? – The Unseen Bits** As 7.00pm.
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Tuesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Can't Sell, Must Sell**
8.00 **Kirstie and Phil's Love It or List It** A couple from Caterham decide whether to renovate or sell their home.
9.00 **Super Surgeons: A Chance at Life** A patient with a tumour in his tongue is assessed for complex surgery.
10.00 **8 Out of 10 Cats Does Countdown** Richard Ayoade and Harriet Dyer take on Tom Allen and Bob Mortimer.
11.05 **Gogglebox** Double bill.
1.05 AM **Secrets of the Hells Angels** Double bill.
3.05 **Kirstie and Phil's Love It or List It** As 8.00pm.
4.00 **to 5.00** AM **Location, Location, Location**

5USA

141/169 129 120/162 21 129 29

9.05 AM **NCIS** 13-15/24. (S4)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Identity Crisis:* 4/19. A cadaver used for medical research sparks a manhunt. **7.00** *Leap of Faith:* 5/19. A Navy Seal is shot dead. **8.00** *Chimera:* 6/19. A sailor dies in odd circumstances on a research vessel. (S5)
9.00 **Criminal Minds: Evolution** New episode *Sicarius:* 2/22. The team hunt an UnSub who severs spinal cords. (S16)
10.00 **Law & Order: Special Victims Unit** *Holden's Manifesto:* 4/23. A disturbed man with a vendetta against women seeks revenge. (S16)
11.00 **Law & Order: Special Victims Unit** 5/23. (S16)
12.00 M'T **The Resident** (S2)
1.55 AM **Person of Interest**
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
12.00 NOON **Traffic Cops: Under Attack**
1.00 PM **Traffic Cops**
2.00 **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition**
10.00 **A&E After Dark**
11.00 **Skin A&E** Documentary.
12.00 M'T **Fare Dodgers: At War with the Law**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.35 **Traffic Cops**
10.35 **Police Interceptors**
12.35 PM **The Motorway**
1.40 FILM **Operation Daybreak** War drama with Timothy Bottoms. (1975, 15, 104min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Police Interceptors** Officers race to bring three burglars to justice. **8.00** A stolen car is recovered on the M11.
9.00 **The Motorway** A head-on collision at rush hour brings the M66 to a standstill.
10.00 **Police: Night Shift 999**
11.00 **Cops** Double bill.
12.00 M'T **Motorway Cops: Britain's Speeders**
1.00 AM **Motorway Cops: America's Speeders**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **DIY SOS: The Big Build**
9.00 **Stacey Dooley Sleeps Over USA** Stacey sleeps at the home of a progressive family in Florida.
10.00 **999 Rescue Squad** A landslip at a building site traps a worker under tons of earth. **11.00** A car crash victim has to be put into an induced coma.
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 10/10. (S1)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Under World:* 1/4. A man's body is found in a disused mineshaft. (S3)
10.00 **New Tricks** *Tiger Tiger:* The team re-examine the circumstances of a zookeeper's death.
11.20 **Spooks** 9/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Northumberland.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Angus Ashworth and Steven Moore look for bargains in Scotland. **8.00** Steven Moore and Angus Ashworth continue their search in Derbyshire and Yorkshire.
9.00 **Who Do You Think You Are?** Actor Anna Maxwell Martin uncovers the dark story of her grandfather's childhood.
10.00 **The Hotel Inspector**
11.00 **Long Lost Family**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Claire King and Edith Bowman compete for charity.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.10 AM **Wild West Chronicles** Western.
8.50 **Battle Honours**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Return of the Seven** Western sequel. (1966, PG, 95min) ★★
3.05 **FILM King of Texas** Western adventure. (2001, PG, 90min) ★★
5.20 **Wanted: Dead or Alive**
6.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Hitman: Redemption** Thriller. (2019, 15, 104min) ★★★
11.15 **FILM Reprisal** Action thriller with Frank Grillo. (2018, 15, 91 min) ★★
1.15 AM **FILM Deadly Voltage** Adventure. (2015, PG, 84min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

6.00 AM **Air Rescue**
6.25 **FILM Burden of Evil** Thriller. (2012, 12) ★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Killer in Red** Thriller. (2018, 12) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Fatal Acquittal** Thriller. (2014, PG) ★★
2.55 **FILM Final Recourse** Thriller. (2013, PG) ★★
5.00 **FILM Fatal Performance** Thriller. (2013, PG, 83min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM All the Money in the World** Drama. (2017, 15, 132min) ★★★★
11.50 **FILM Silent Witness: A Teagarden Mystery** Drama. (2022, PG) ★★
1.55 AM **FILM Flawless** Drama. (2020, PG) ★★
4.00 **to 6.00** AM **FILM Another Man's Wife** Thriller. (2011, PG) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love's Last Resort** Romantic drama. (2017, PG, 85min) ★★
9.55 **FILM Love Takes Flight** Drama. (2019, PG) ★★
12.00 NOON **FILM Love in Translation** Drama. (2021, U, 88min) ★★
2.00 PM **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
4.05 **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
6.05 **FILM Wedding of Dreams** Romantic drama. (2018, PG, 85min) ★★
8.00 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
9.55 **FILM The Story of Us** Romantic comedy. (2019, PG, 85min) ★★
11.50 **FILM Starting Up Love** Comedy. (2019, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Last Bridesmaid** (2019)

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 6/6. (S1)
12.30 PM **You're Only...**
1.00 **Mapp and Lucia** (S2)
2.00 **FILM At War with the Army** Comedy. (1950, b/w, U, 100min) ★
3.45 **Auto Rewind**
4.00 **Blue Thunder** 5/11. (S1)
5.00 **Lucky Feller** 4/13. (S1)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice** 6/7. (S4)
8.00 **Don't Drink the Water**
8.30 **Lucky Feller**
9.00 **Bramwell** 3/8. (S2)
10.00 **Soap** 16/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Wasp Woman** (1960, PG) ★★
1.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Following life aboard ship in the Alaskan crab-fishing fleet. **8.00** Wild Bill discovers the truth about Nick.
9.00 **Opal Hunters: Red Dirt Road Trip** In Australia's last travelling boxing tent, JC's boxing skills are put to the test. **10.00** The race to reach $40,000 each is down to the wire for Rod and JC.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **Hairy Bikers' Mississippi Adventure**
11.00 **Great British Bake Off**
1.00 PM **Tom Kerridge's Best Ever Dishes**
2.00 **James Martin's Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **Jamie Oliver: Together**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/25. (S7)
9.00 **The Fall Guy** (S2)
10.00 **Knight Rider** 4/22. (S4)
11.00 **FILM Tremors 3: Back to Perfection** Horror sequel. (2001, PG, 100min) ★★★
1.00 PM **FILM The Iron Mask** Action adventure. (2019, 12, 120min) ★★
3.20 **FILM Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
5.00 **Star Trek** 5/24. (S3)
6.00 **Knight Rider** 5/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Deepwater Horizon** Drama. (2016, 12, 105min) ★★★★
11.10 **FILM Bushwick** Thriller. (2017, 15, 94min) ★★
1.05 AM **FILM Half Past Dead** Action thriller. (2002, 15, 98min) ★★★
3.00 **to 4.50** AM **FILM American Siege** Thriller. (2021, 15, 91min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Coast of Skeletons** As 5.00pm.
8.00 **The Gambler III: The Legend Continues**
10.00 **The Lost World** (S3)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM **The Gambler III: The Legend Continues**
3.00 **The Lost World** (S3)
4.00 **The A-Team** 6/23. (S4)
5.00 **FILM Coast of Skeletons** Adventure sequel with Richard Todd. (1964, U, 90min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 7/23. (S4)
9.00 **FILM Maximum Conviction** Action thriller starring Steven Seagal and Steve Austin. (2012, 15, 93min) ★★
11.00 **FILM Deadly Target** Crime action thriller. (2015, 15, 87min) ★★
1.00 **to 3.00** AM **FILM Maximum Conviction**

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Nottinghamshire.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **UFOs: Why Are They Here?** Documentary.
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **UFO Conspiracies**
1.00 AM **Alien Corridors**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** New Mexico.
12.00 NOON **Beyond the Yorkshire Farm: Reuben & Clive**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **All Creatures Great and Small**
7.00 **Beyond the Yorkshire Farm: Reuben & Clive**
8.00 **Ben Fogle: New Lives in the Wild** Ben visits the Isle of Wight.
9.00 **World War II: Secrets from Above**
10.00 **Nazi Megastructures**
11.00 **All Creatures Great and Small**
12.00 M'T **Dan & Helen's Pennine Adventure**
1.00 AM **The Hotel Inspector**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Brighton.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **NEW SERIES Rico to the Rescue** Rico León's team help a singer transform her home into a haven for music.
10.00 **Battle on the Beach** New edition The pressure is on as the three teams take on the Guest Suite.
11.00 **Home Town Takeover**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **Jay & Pamela** New edition Reality show.
9.00 **My Strange Addiction: Still Addicted?**
10.00 **This Came Out Of Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Botched Bariatric**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **This Came Out Of Me**
3.00 **Sex Sent Me to the ER**
4.00 **Jay & Pamela**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 8&10/22. (S4)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S3)
1.00 PM **Friends** (S3&4)
8.00 **Friends** 6/24. Chandler gets to know Kathy. **8.30** 7/24. A guilty Chandler tries to prevent Joey from discovering the truth. (S4)
9.00 **FILM Men in Black 3** Sci-fi comedy sequel with Will Smith. (2012, PG, 105min) ★★★★
11.10 **Police Squad!** (S1)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **South Park** (S12&13)
2.10 **Broad City** (S2)
3.05 **CC Live: Stand Up Shorts** With Sikisa.
3.30 **The Pep Talk**
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** (S1&2)
11.00 **Friends** 6-9/24. (S7)
1.00 PM **Impractical Jokers**
2.00 **Daria** 2&3/13. (S2)
3.00 **Blockbusters**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S3)
9.00 **New Girl** 17/22. The guys go to Las Vegas. **9.30** 18/22. (S5)
10.00 **Friends** 15-20/25. (S3)
1.00 AM **Beavis and Butt-Head** (S3&4)
2.00 **Reno 911!** (S8)
3.00 **Whose Line Is It Anyway? USA**
3.45 **Jack Dee Live at the Apollo** Stand-up show.
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 3&4/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Stella** 3&4/6. (S6)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Best Of**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Scammed** Reality series
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Celebs on the Ranch**
8.00 **MTV Cribs** Double bill.
9.00 **90's House**
10.00 **Badass Brides**
11.00 **Ink Master Redemption** New edition Customer service is put to the test. **11.30** Human canvases have tattoos replaced.
12.00 M'T **Ridiculousness** New edition Funny videos with Rob, Steelo and Karrueche Tran.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: Mine Rescue with Freddy & Juan** The guys must devise a unique fix to a 4,000-foot-high problem.
5.00 **Building Off the Grid** A farmhouse in the verdant Wisconsin countryside.
6.00 **Border Control: Spain** The work of the Security and Customs Services in Spain.

10.00 Jaws vs. Mega Croc

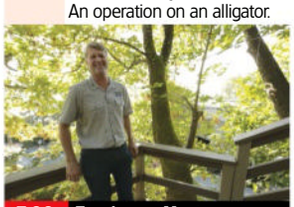
7.00 **Wheeler Dealers** Mike and Elvis embark on a project to make an Audi RS6 estate car faster than a sports car.
8.00 **Outback Truckers** Steve Grahame and convoy partner Sy Howells battle to reach a remote community.
9.00 **Gold Rush: White Water** New edition The death-defying moments Dustin Hurt and his crew of miners have faced.
10.00 NEW **Jaws vs. Mega Croc** A group of experts construct a CGI fight to the death between two apex predators.
11.00 NEW **Great White Reign of Terror** The cause of a string of South African shark attacks.
12.00 M'T **Moonshiners**
1.00 AM **Gold Rush: White Water**
2.00 **Shark Week: Off the Hook**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **The Aquarium**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** Transforming a basement housing animals. **4.00** The team make a cabin safer for a blind dog.
5.00 **Lone Star Law** Two Texas Game Wardens investigate a deer poaching case.
6.00 **Dr Jeff: Rocky Mountain Vet** An operation on an alligator.



7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson finds the perfect treehouse spot for a couple seeking meditation space.
8.00 **Guardians of the Glades** Dusty and his team come across a frightening new hybrid Python species in the dense Python Pines.
9.00 **Alaska: The Last Frontier** Otto, Eivin and August scramble to stake a claim on ten tons of steel on a distant beach.
10.00 **Alaskan Bush People** The windmill assembly takes the siblings to new heights, and a bear breaks into Noah's tent.
11.00 **Pit Bulls & Parolees** Tia helps a facility at risk of closure.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles diamondback rattlesnakes in Arizona.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Mysterious Islands**
2.00 PM **Hitler's Last Stand**
4.00 **Destruction Decoded** The stories behind 10 infamous train and plane disasters.
5.00 **Car S.O.S** A project restore a 1997 Peugeot 106 Rallye.
6.00 **World War II: Secrets from Above** In 1940, Allied troops find themselves surrounded by Hitler's army at Dunkirk.

8.00 Liberation: D-Day to...

7.00 **Air Crash Investigation** The investigation into a commercial flight's crash while landing at Cork Airport back in 2011.
8.00 **Liberation: D-Day to Berlin** In late 1944, Hitler launches a surprise attack on Americans in liberated Belgium.
9.00 **Liberation: D-Day to Berlin** Uniquely colourised footage helps explore the end of World War Two in Western Europe.
10.00 **Lost Ships of WW2** The *Petrel* crew hope to spot the wreck of revolutionary aircraft carrier the USS *Lexington*.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster** A 1995 volcano eruption.
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There** A skydive gone wrong.
1.00 PM **Flipping Bangers**
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Secrets in the Jungle**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers** Mike gets access to a racing driver's collection of memorabilia.

9.00 Secrets Declassified

7.00 **Forged in Fire** Four bladesmiths put it all on the line when they are challenged with creating a Damascus knife.
8.00 **Digging for Britain** Alice Roberts explores Anglo Saxon history in the village of Bamburgh in Northumberland.
9.00 **Secrets Declassified with David Duchovny** New edition Declassified files regarding missions into deep space.
10.00 **History's Greatest Mysteries** New edition The actor Laurence Fishburne explores the search for Atlantis.
11.00 **What on Earth?** How satellites were used to track down kidnapped schoolgirls.
12.00 M'T **Close Encounters**
12.55 AM **The Proof Is Out There**
1.50 **Secrets Declassified with David Duchovny** As 9.00pm.
2.50 **Forged in Fire**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **World War Weird** Rebels in the Philippines who believed they were fighting a vampire.
6.00 **Antiques Roadshow** Fiona Bruce and the experts visit RAF Marham in Norfolk.

8.00 Classic Car Kings

7.00 **Caribbean with Simon Reeve** Simon visits Barbados and St Vincent, before heading on to Venezuela and Colombia.
8.00 **Classic Car Kings** New edition Irv imports an original-run short wheelbase Porsche 911 from America's east coast.
9.00 **Bangers & Cash: Restoring Classics** The team hope to finally smell profit when they sniff out a bargain Porsche.
10.00 **Bangers & Cash** Derek brings military hardware to Thornton le Dale, including a Studebaker Weasel tracked vehicle.
11.00 **Bangers & Cash** Dave is drawn to a Fiat Uno 45.
12.00 M'T **Abandoned Engineering** A prison for the deranged with links to a cult leader.
1.00 AM **Caribbean with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Wheeler Dealers World Tour** A tribute to Paddy Hopkirk's Monte Carlo Rally winning Mini.
9.00 **Johnny Vegas' Little Shop of Antiques** New edition Johnny and Bev hit an auction and return with a full van.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Road Rage** New edition
9.30 **Exposed: Naked Crimes** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It Special**
1.00 AM **Faking It: Tears of a Crime** True-crime.
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A retired fireman sees a burning bundle and recognises the smell.
8.00 **Millionaire Murders** In 2015, the bodies of the wealthy Smith family were found.
9.00 **Shocking Crimes: Murder Book** Three teens are left for dead after a speed boat rams their fishing vessel.
10.00 **It Takes a Killer** The case of a businesswoman who went missing. **10.30** A look at the case of a merciless killer in LA during the 1980s.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** A grandmother is found dead in her hotel room. **4.30** Two brothers whose rocky relationship ended in disaster. **5.00** A clue suggests a killing could be linked to a previous murder. **5.30** A hidden fingerprint helps investigators solve a case. **6.00** Investigators uncover a 'signature' that connects an assault case to a murder. **6.30** Using cat hairs and insects to track down a woman.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Joy Morgan.
1.00 PM **Britain's Most...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Battle of Little Bighorn**
9.45 **Mafia's Greatest Hits**
11.55 **Battle of Little Bighorn**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Civil War** The Battle of Gettysburg. **3.35** A look at battles waged during 1864. **5.00** Examining the summer of 1864, when public opinion turned. **6.25** The surrender of the Confederacy. **7.50** The assassination of President Lincoln.
9.15 **Battle of Little Bighorn** A look at the battle often referred to as Custer's Last Stand.
10.25 **Grand Tours of the Scottish Islands** Paul Murton crosses Scapa Flow to Flotta.
11.00 **Mafia's Greatest Hits**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors** Nora Ephron.
9.00 **McMillion$** Documentary.
10.00 **Chimp Crazy** As 7.00pm.
11.00 **Escobar by Escobar**
12.00 NOON **JFK Revisited: Through the Looking Glass**
2.15 PM **I Am Raquel Welch**
4.00 **Discovering: Sissy Spacek**
5.00 **The Directors** Nora Ephron.
6.00 **McMillion$** The FBI examine two potential scammers.
7.00 **Chimp Crazy** Charity PETA investigates the disappearance of a Hollywood chimp.
8.00 **Escobar by Escobar** Exploring the story behind the cursed Escobar empire.
9.00 NEW SERIES **The Nazi Cartel** The connection between Klaus Barbie and drug trafficking.
10.00 **Kings of Coke** Documentary.
11.45 **The Two Escobars**
1.45 AM **Meth Storm**
3.45 **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Sissy Spacek**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **A Cheetah's Pride**
7.00 **Monkey Life** Double bill.
8.00 **Becoming Orangutan**
9.00 **Macro Worlds**
10.00 **Wild Sky** Documentary.
11.00 **Wildlife ER**
12.00 NOON **Life's Journey**
1.00 PM **Monkey Life**
2.00 **Becoming Orangutan**
3.00 **Macro Worlds**
4.00 **Wild Sky** Following polar bears as they hunt under the aurora.
5.00 **Wild Battlegrounds**
6.00 **Life's Journey** As 10.00pm.
7.00 **Monkey Life** Double bill.
8.00 **Animals at Play** The secrets behind animals' group games.
9.00 **The Great Elephant Tale** Following three elephant herds.
10.00 **Life's Journey** Revealing how animals overcome danger.
11.00 **Wild Battlegrounds**
12.00 M'T **Wildlife ER**
1.00 AM **Shark Squad**
2.00 **Animals at Play** As 8.00pm.
3.00 **The Great Elephant Tale**
4.00 **Becoming Orangutan**
5.00 **to 6.00** AM **Macro Worlds**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Britain's Secret Islands**
9.00 **Ancient Superstructures**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Hitler's Secret Bomb**
7.00 **What on Earth?** Documentary.
8.00 **Alien Files Reopened** Silent, hovering triangular objects witnessed over Belgium.
9.00 **Hitler's Engineers** Walter Heisenberg support in developing the automic bomb.
10.00 **Evidence of the Unexplained** Investigating UFO sightings, terrifying abductions and other bizarre occurrences.
11.00 **History's Crazy Rich Ancients**
12.00 M'T **Ancient Aliens** Double bill.
2.00 AM **Hitler's Engineers**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under** Documentary.
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Dead West**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** True-crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain** Ben Geen.
3.00 **Murdertown** Rosie Darbyshire.
4.00 **Murder Detective**
5.00 **Killed Without a Trace**
6.00 **Cold Case Files: Dead West**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **Last Night Out**
10.00 **The Real Murders of Atlanta** New edition True-crime.
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **Secrets of the Bunny Ranch** Series finale Documentary.
3.00 **The Real Murders of Atlanta**
4.00 **Killer Britain** Ben Geen.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Attack of the Red Sea Sharks**
3.00 **Sharks Gone Viral**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The staff throw a party for polar bears.
8.00 **Fish Tank Kings** The team take on the challenge of recreating an African lake.
9.00 **Jaguar: Jungle Icon of Guyana** Following a young jaguar in Guyana's rainforests.
10.00 **Alaska: The Next Generation** The Alaskans must stockpile necessary resources.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Coast Guard at War**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Jess and Phil dive into the history of Fort Morgan.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Coast Guard at War** Investigating the role of the Coast Guard in the Vietnam War.
9.00 **Secret Space Escapes** How a mission to the Salyut space station took a surprising turn.
10.00 **How Do They Do It?** The creation of wind turbines. **10.30** The design of tank-piercing 'super bullets'.
11.00 **Savage Builds**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Forbidden History**
5.00 PM **Forbidden History** A look into whether the ancients possessed the ability to create complex crystal skulls. **6.00** A look at why it's believed part of the Nazi party was involved in occult beliefs.
7.00 **Forbidden History** Experts investigate what is hiding in the Vatican's secret archives. **8.00** Special access to Salem's most mysterious sites reveals its secret history. **9.00** Scientists attempt to prove if the Turin Shroud is genuinely Jesus's burial cloth. **10.00** A research team hope to prove they've found the remains of Noah's Ark.
11.00 **Louis Theroux: Twilight of the Porn Stars** Louis revisits the male adult-film actors he met in LA in 1997, finding out where they are now and how the business has been affected.
12.00 M'T **to 6.00** AM **Forbidden History**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed**
9.00 **Evil Online** Double bill.
11.00 **Predator at Large**
1.00 PM **Evil Stepmothers**
3.00 **The Killer Beside Me**
5.00 **Obsession: Dark Desires**
7.00 **Still a Mystery** A case in which the body of a musician was found in an alleyway and a construction worker disappeared on the job. **8.00** A mother of five vanishes after leaving her house early one morning.
9.00 **Evil Lives Here** Sara unearths her family's dirty secrets.
10.00 **Signs of a Psychopath** Investigators search a farm for a man and find human remains. **10.30** A racially motivated killer, who targeted civil rights leader Vernon Jordan and pornography publisher Larry Flynt, confesses to murders.
11.00 **Devil in Suburbia**
12.00 M'T **Reasonable Doubt**
2.00 AM **Obsession: Dark Desires**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers** Double bill.
9.00 **Texas Metal** A Ford Coupe.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A 1964 Rolls-Royce.
4.00 **Custom Carolina**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy and the crew find a partially restored '60 Chevy C10 pick up.
9.00 **Richard Hammond's Workshop** Accountant Kamla gives Richard a reality check.
10.00 **Texas Metal** Documentary.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

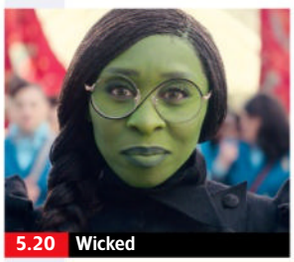
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Buffalo Kids** As 4.20am.
7.45 **The Sloth Lane** As 3.45pm.
9.25 **William Tell** As 10.15pm.
11.40 **Kraven the Hunter** (2024)
1.55 PM **Rumours** As 12.30am.
3.45 **The Sloth Lane** Animated adventure with the voices of Leslie Jones and Remy Hii. (2024, PG, 90min)
5.20 **Wicked** Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★


5.20 Wicked

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 William Tell Drama starring Claes Bang. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Rumours** Comedy horror starring Cate Blanchett. (2024, 15, 104min) ★★★
2.20 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
4.20 **to 6.00** AM **Buffalo Kids** Animated family adventure. (2024, U, 79min) ★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.35 AM **The Lawnmower Man** Thriller. (1992, 15) ★★★
9.00 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
10.45 **Cult Killer** As 4.55am.
12.40 PM **Hancock** Action comedy. (2008, 12, 92min) ★★★
2.15 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
4.00 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
6.10 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★

8.00 Beetlejuice Beetlejuice

8.00 Beetlejuice Beetlejuice Comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Crank** Action thriller. (2006, 18, 88min) ★★★★
2.25 **Monkey Man** Action thriller. (2024, 18, 121min) ★★★★
4.35 **The Cinema List: Swords and Sandals**
4.55 **to 6.50** AM **Cult Killer** Thriller with Antonio Banderas. (2024, 15, 105min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **Cries and Whispers** (1972)
7.45 **Bessie** Biopic starring Queen Latifah. (2015, 12, 112min) ★★★
9.45 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
11.50 **Dear John** Romantic drama. (2010, 12, 108min) ★★
1.50 PM **Ghost** Romantic fantasy. (1990, 12, 127min) ★★★★
4.10 **Wildhood** Drama starring Steve Lund. (2021, 15, 108min) ★★★

6.05 **Eternal Sunshine of the Spotless Mind** Romantic comedy starring Jim Carrey. (2004, 15, 108min) ★★★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
10.15 **Cries and Whispers** Ingmar Bergman's Swedish drama with Harriet Andersson. Subtitled. (1972, 18, 106min) ★★★★★

11.55 **Midnight Express** Drama. (1978, 18, 120min) ★★★★
2.05 AM **The Angels' Share** Comedy. (2012, 15, 96min) ★★★★
3.55 **Mascarpone** Italian comedy. Subtitled. (2021, 15) ★★★
5.50 **to 7.35** AM **Lady Bird** Comedy. (2017, 15, 94min) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.15 AM **AfrAid** As 2.00am.
7.50 **Lisa Frankenstein** As 3.30am.
9.40 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
11.35 **Interstellar** Sci-fi adventure. (2014, 12, 166min) ★★★★
2.30 PM **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
4.15 **Evolution** Comedy with David Duchovny and Julianne Moore. (2001, PG, 101min) ★★★★

6.05 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. (2023, 15, 109min) ★★
8.00 **The Meg** Action thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★
10.00 **28 Days Later** Horror thriller starring Cillian Murphy and Naomie Harris. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★

12.00 M'T **Star Trek: Nemesis** Sci-fi fantasy. (2002, 12, 116min) ★★★
2.00 AM **AfrAid** Horror starring John Cho. (2024, 15, 84min) ★★
3.30 **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★★
5.15 **to 7.00** AM **Upgrade** Thriller. (2018, 15, 100min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

7.05 AM **DC Super Hero Girls: Legends of Atlantis** (2018)
8.35 **Cloudy with a Chance of Meatballs** As 11.00pm.
10.15 **Cloudy with a Chance of Meatballs 2** As 12.40am.
11.55 **Hook** Fantasy. (1991, U) ★★★
2.20 PM **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
4.00 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
5.45 **Harold and the Purple Crayon** (2024, PG) ★★★

7.20 The Secret Garden

7.20 **The Secret Garden** Family drama starring Colin Firth, Julie Walters and Dixie Egerickx. (2020, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

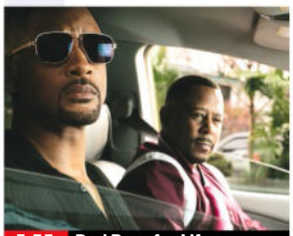
9.15 **Robin and the Hoods** Fantasy comedy starring Naomie Harris and Darcey Ewart. A property developer threatens the neighbourhood of 11-year-old Robin and her gang, the Hoods. (2024, PG, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
12.40 AM **Cloudy with a Chance of Meatballs 2** Animated sequel. (2013, U, 93min) ★★★
2.25 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101 min) ★★
4.15 **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
5.35 **to 6.00** AM **The Cinema List: Family Favourites**

Sky Cinema Action

307 307 407 507 521

6.30 AM **Shaolin Soccer** As 4.15am.
8.30 **Black Hawk Down** Drama. (2001, 15, 144min) ★★★
10.55 **Superman Returns** Adventure. (2006, 12, 154min) ★★★
1.35 PM **Hulk** As 10.05pm.
4.00 **The Italian Job** Crime thriller starring Mark Wahlberg. (2003, 12, 110min) ★★★
5.55 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. (2020, 15, 124min) ★★★


5.55 Bad Boys for Life

8.00 **Twisters** Standalone disaster sequel starring Daisy Edgar-Jones, Glen Powell and Maura Tierney. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Hulk** Fantasy starring Eric Bana. A scientist survives exposure to deadly gamma rays, but when he becomes angry he is transformed into a rampaging creature. (2003, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Swordfish** Action thriller starring John Travolta. (2001, 15, 99min) ★★★
2.10 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
4.15 **to 6.10** AM **Shaolin Soccer** Hong Kong sports comedy with Stephen Chow. Subtitled. (2001, 12, 113min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.15 AM **Sky Cinema Preview**
7.15 **Ferris Bueller's Day Off**
9.15 **Beverly Hills Cop** (1984)
11.15 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
12.55 PM **Ace Ventura: When Nature Calls** (1995, PG) ★★★
2.45 **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★
4.40 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
6.25 **The Naked Gun** Thriller. (1988, 15, 85min) ★★★★

9.50 The Cable Guy

8.00 **School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at a private school and tries to turn his young pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Cable Guy** Comedy with Jim Carrey. A lonely young man finds his life spiralling out of control after he strikes up a friendship with a nutty cable TV man. (1996, 12, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
1.15 AM **The Naked Gun** (1988)
2.45 **The Naked Gun 2½: The Smell of Fear** Comedy sequel. (1991, 15, 81 min) ★★★
4.20 **to 6.00** AM **The Naked Gun 33⅓: Final Insult** Comedy sequel. (1994, 12, 83min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **Into the Deep** As 4.20pm.
9.20 **Paradise Highway** (2022)
11.20 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
1.55 PM **K-19: The Widowmaker** Thriller starring Harrison Ford. (2002, 12, 138min) ★★★
4.20 **Into the Deep** Romantic thriller with Ella-Rae Smith. (2022, 15, 90min) ★★★
6.00 **Paradise Highway** Drama starring Juliette Binoche. (2022, 15, 115min) ★★★★

6.00 Paradise Highway

8.00 **Angels & Demons** Mystery thriller based on the novel by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Island** Sci-fi thriller starring Ewan McGregor, Scarlett Johansson and Djimon Hounsou. (2005, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Sum of All Fears** Thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
3.10 **The Purge: Anarchy** Horror sequel starring Frank Grillo. (2014, 15, 102min) ★★★
5.05 **to 7.20** AM **Vertigo** Alfred Hitchcock's thriller with James Stewart and Kim Novak. (1958, PG, 128min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Annie** Musical adaptation. (1982, U, 128min) ★★★
1.40 PM **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
3.50 **Operation Petticoat** World War Two comedy with Cary Grant. (1959, U, 124min) ★★★
6.10 **Transformers: Revenge of the Fallen** Blockbuster sci-fi action adventure sequel. (2009, 12, 149min) ★★★

9.00 Everything Everywhere...

Transformers: Revenge of the Fallen (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Everything Everywhere All at Once** Fantasy comedy starring Michelle Yeoh. A middle-aged Chinese immigrant is swept up into an adventure in which she alone can save existence by exploring other universes. (2022, 15, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **White House Down** Action thriller starring Channing Tatum and Jamie Foxx. A cop strives to save the day after heavily armed terrorists seize control of the White House. (2013, 12, 131 min) ★★★
2.20 **to 4.00** AM **Shiva Baby** Comedy drama starring Rachel Sennott and Danny Deferrari. (2020, 15, 77min) ★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.05 AM **2 Fast 2 Furious** Thriller sequel starring Paul Walker. (2003, 12, 108min) ★★★
9.05 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★
11.10 **I Am Legend** Sci-fi horror. (2007, 15, 101 min) ★★★★
1.05 PM **Furiosa: A Mad Max Saga** Fantasy starring Anya Taylor-Joy. (2023, 15, 148min) ★★★★
3.35 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
5.35 **Wonder Woman** Adventure. (2017, 12, 121 min) ★★★★
8.00 **Man of Steel** Fantasy adventure starring Henry Cavill. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. (2013, 12, 143min) ★★★
10.25 **Justice League** Sci-fi action adventure starring Ben Affleck. (2017, 12, 120min) ★★
12.30 AM **Indiana Jones and the Temple of Doom** As 3.35pm.
2.30 **Kick-Ass 2** Action thriller sequel. (2013, 15, 99min) ★★★
4.15 **The Cinema List: Fast Cars**
4.45 **to 6.40** AM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.15 AM **Bye Bye Birdie** As 2.15am.
9.10 **Funny Face** As 4.15am.
11.00 **Twins** Action comedy. (1988, PG, 107min) ★★★
12.50 PM **Junior** Comedy starring Arnold Schwarzenegger. (1994, PG, 110min) ★★★
2.45 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
4.30 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
6.10 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
8.00 **The Great Gatsby** Romantic drama starring Robert Redford, Mia Farrow and Bruce Dern. (1974, 12, 146min) ★★★
10.25 **The Sting** Oscar-winning comedy starring Paul Newman and Robert Redford as a pair of confidence tricksters in 1930s Chicago. With Robert Shaw. (1973, PG, 129min) ★★★★★
12.35 AM **Dad's Army** As 4.30pm.
2.15 **Bye Bye Birdie** Musical starring Janet Leigh and Dick Van Dyke. (1963, PG, 112min) ★★★
4.15 **to 6.15** AM **Funny Face** Romantic musical with Audrey Hepburn and Fred Astaire. (1956, U, 103min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
7.55 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
9.30 **The Night Before Christmas in Wonderland** (2024, U) ★★★★
11.00 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
12.55 PM **Penguins of Madagascar** Animation. (2014, U) ★★★★
2.35 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
4.00 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
5.40 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
7.20 **Transformers One** Animation. (2024, PG, 104min) ★★★★
9.10 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
10.30 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
12.10 AM **Trolls Band Together** Animation. (2023, U) ★★★
1.45 **Batman Unlimited: Animal Instincts** As shown at 2.35pm.
3.10 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
4.45 **to 6.30** AM **The Inventor** Animation. (2023, PG) ★★★

Movies 24

312 313 419

7.00 AM **A Holiday Spectacular** Comedy. (2022, PG, 90min) ★★
9.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
11.00 **A Lot Like Christmas** Romantic comedy. (2021, PG, 86min) ★★
1.00 PM **Joy For Christmas** Comedy. (2021, PG, 86min) ★★
3.00 **My Christmas Hero** Drama starring Candace Cameron Bure. (2023, PG, 84min) ★★
5.00 **A Novel Noel** Festive romantic drama. (2024, PG, 90min) ★★
7.00 **Haul Out the Holly** Comedy starring Lacey Chabert and Wes Brown. (2022, PG, 90min) ★★
9.00 **Christmas Under the Lights** Festive drama starring Heather Hemmens and Marco Grazzini. A woman reluctantly returns to her family home to help organise the town's winter carnival. (2024, PG, 90min) ★★
11.00 **Christmas in Notting Hill** Drama. (2023, PG, 84min) ★★
1.00 AM **The Christmas Toy Maker** Festive drama starring Marisol Nichols. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **The Finnish Line** Romantic comedy starring Kim Matula. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Meet Simon Cherry** Drama. (1949, b/w, PG, 67min) ★★
7.20 **The Boys** Courtroom drama. (1962, b/w, PG, 123min) ★★
9.50 **The Woman in Green** Mystery. (1945, b/w, PG, 70min) ★★
11.10 **Look at Life** Documentary.
11.20 **Beachhead** World War Two drama. (1954, PG, 89min) ★★
1.05 PM **Green for Danger** Comedy. (1946, b/w, PG, 91 min) ★★★★
2.55 **Live Now, Pay Later** Comedy. (1962, b/w, 18, 104min) ★★★
5.00 **Edgar Wallace Mystery Theatre**
6.30 **Star Performance: The Wild Bunch** 21/38. Drama. (S3)
7.05 **Batman** 19/60. (S2)
7.35 **Dial 999** 16/39. (S1)
8.10 **Cause Célèbre** Crime drama. (1987, 12, 133min) ★★
10.30 **Cellar Club with Caroline Munro**
10.35 **Stepfather II** Horror sequel. (1989, 18, 86min) ★
12.20 AM **Cellar Club with Caroline Munro** A film preview.
12.25 **13 Ghosts** (1960, b/w, PG) ★★
2.00 **Cellar Club with Caroline Munro**
2.05 **Hammer House of Mystery and Suspense** 11/13. (S1)
3.35 **There Is Another Sun** Drama. (1951, b/w, PG, 95min) ★★
5.30 **to 6.00** AM **The Beverly Hillbillies**

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live** A look at all the sports headlines.
2.00 PM **Sports Desk** Sports news with live analysis and comments, and the latest updates on live sporting events across the globe.
4.00 LIVE **WTA & ATP Tennis** Coverage from day three of the Canadian Open, the ATP event in Toronto and the WTA event in Montreal, both of which are hard-court tournaments. The second round sees the top eight seeded players get their campaigns unversed way in both the men's and women's events. The corresponding stage of the men's competition last year involved number eight seed Stefanos Tsitsipas seeing his challenge come to an early end as he lost in straight sets to Kei Nishikori. Meanwhile, the home crowd experienced disappointment in the women's tournament as Leylah Fernandez was eliminated by Ashlyn Krueger.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.30 **Premier League Years**
11.30 **Transfer 360** Edwin Van Der Sar.
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **PL Retro** Manchester United v Arsenal from 2003.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Arsenal v Manchester City. **5.30** Action from Aston Villa v West Ham United at Villa Park. **6.00** Action from Brighton & Hove Albion v Tottenham Hotspur. **6.30** Chelsea v Arsenal. **7.00** Chelsea v Liverpool. **7.30** Chelsea v Manchester City.
8.00 **Gary Neville's Soccerbox** An interview with Phil Neville. **8.30** With John Barnes.
9.00 **MNF Special** Peter Schmeichel.
9.30 **Unpacked** Fan questions.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Highlights of Chelsea v Liverpool in the 2021/22 final.
11.00 **Best Goals: EFL Cup 2021-22**
11.30 **EFL Trophy Football**
12.00 NOON **EFL** From 2016/17.
3.00 PM **EFL Greatest Games**
4.00 **EFL Cup Final 17** Manchester United v Southampton.
5.00 **Championship Season Review** A look at the 2016/17 season.
6.00 **EFL Trophy Football** Highlights from Birmingham City v Peterborough United in the final.
6.30 **Best Goals: EFL Cup 24/25**
7.00 **EFL Cup Highlights** Liverpool v Newcastle United in the final.
8.00 **Best Scottish Premiership Goals** The 2024/25 season. **8.30** The 2023/24 season. **9.00** The 2022/23 season. **9.30** The 2021/22 season.
10.00 **SPFL** A look back at the best goals of the 2014/15 season. **10.30** Goals from 2010/11.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** Archive highlights.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of England v India**
7.00 **Test Cricket** England v India: Highlights from all five days of the fourth Test in Manchester.
12.00 NOON **Test Cricket Bitesize**
1.15 PM **Best of ICC WT20** Action from England v India in 2007.
1.30 **Best of England v India** The 2013 ICC Champions Trophy final.
2.00 **Women's One-Day International Cricket** Highlights from England v India in the first ODI in the three-match series at The Rose Bowl in Southampton **3.00** England v India in the second ODI at Lord's in London. **4.00** Action from England v India in the third and final ODI in the series at The Riverside Ground in Chester-le-Street, County Durham.
5.00 **Test Cricket** Action from England v India on day one of the fourth Test at Old Trafford in Manchester. **6.00** England v India day two. **7.00** England v India day three. **8.00** England v India day four. **9.00** Action from England v India on day five of the fourth Test.
10.00 **Women's One-Day International Cricket** England v India in the three-match series.
1.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Best of Open Zone 2024**
7.00 **Golf Academy**
8.00 **Playing Lessons**
9.00 **Nick Dougherty's Tee Time Tips**
10.00 **Legends Tour Golf**
11.00 **PGA Tour Golf**
12.00 NOON **Golf Academy**
1.00 PM **Playing Lessons**
1.30 **Turkish Airlines Masterclass**
2.00 **The Open Zone**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **European Seniors Golf**
5.00 **PGA Tour Golf** 3M Open review.
6.00 **Ladies European Tour Golf** Women's Scottish Open review.
7.00 **How the 2014 Ryder Cup Was Won** Tournament review.
9.00 **On the Road with Iona Stephen**
10.00 **Ladies European Tour Golf**
11.00 **PGA Tour Golf** 3M Open review.
12.00 M'T **European Seniors**
1.00 AM **Golf Academy**
2.00 **Playing Lessons**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **Golf Academy**
5.00 **to 6.00** AM **Best of Open Zone**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis** Action from the Washington Open finals.
8.00 **WTA & ATP Tennis** Action from day two of the Canadian Open.
4.00 PM LIVE **WTA & ATP Tennis** Day three of the Canadian Open, the ATP event in Toronto and the WTA event in Montreal.
4.00 AM **Bitesize Tennis**
4.30 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Women**
7.00 **British Superbikes Highlights**
8.00 **The WRC Magazine**
8.30 **TNT Sports Cricket Reload**
9.00 **Supertri E Championship**
10.00 **Formula E** London ePrix.
12.00 NOON **British Superbikes**
1.00 PM **Tour de France Women**
2.00 LIVE **Tour de France Women** Coverage of stage four, a 130.7km route from Saumur to Poitiers.
5.15 **Tour de France Men Highlights**
6.15 **The Gruppetto** Tour de France.
6.30 **Race Bikes** Mountain Bike racing.
7.00 **International T20 Cricket Highlights** West Indies v Australia.
8.00 **Lomu: The Lost Tapes**
9.15 **Premiership Rugby Union**
9.45 **British Superbikes Rewind**
10.00 **MLB: Off the Bat**
10.30 **MLB Highlights**
11.30 **MLB Lead Off**
12.00 M'T LIVE **MLB New York Yankees v Tampa Bay Rays.** Coverage of the game at Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Closer**
3.30 **MLB: Off the Bat**
4.00 **Premiership Rugby Union**
4.30 **Race Bikes**
5.00 **to 6.00** AM **Fishing**

TNT Sports 2

411 414 522 409 431

6.00 AM **Rugby Sevens Highlights**
7.00 LIVE **Shanghai Masters Snooker** Coverage of the first session from the second round of the tournament staged at Luwan Gymnasium in Shanghai, China.
10.30 **No Filter Football**
11.15 **Under the Lights**
11.30 **The WRC Magazine**
12.00 NOON **Ally's Social Club**
12.30 PM LIVE **Shanghai Masters Snooker** Coverage of the second session from the second round of the tournament from Luwan Gymnasium in Shanghai, China.
4.00 **Fishing: On the Bank**
5.00 **Rocky & Wrighty: From Brockley to the Big Time**
6.30 **Premier League Stories**
7.00 **Premier League Review** Taking a look back at action from the 2024/25 season.
12.00 M'T **Cycling** Tour de France.
1.00 AM **British Superbikes Highlights** Brands Hatch.
2.00 **WNBA** Women's basketball.
3.00 **Tour de France Women**
4.00 **International T20 Cricket Highlights** West Indies v Australia.
5.00 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** New Zealand v British & Irish Lions.
9.45 **British and Irish Lions Tour** Action from 2009 in Durban.
11.45 **Lions Legends** Profile pieces.
12.45 PM **British and Irish Lions Tour** Australia v British & Irish Lions.
1.45 **British and Irish Lions Tour** South Africa v British & Irish Lions in the third Test from 2009.
3.15 **British and Irish Lions Tour** Australia v British & Irish Lions.
4.15 **Lions Legends** Profile pieces.
5.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions in the first Test from 2005. **6.00** New Zealand v British & Irish Lions in 2005's second Test.
7.45 **Lions Legends** Martin Johnson.
8.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions in the third Test from 2005.
9.00 **Between Two Posts** Sean Maloney and Morgan Turinui review the weekend's matches.
10.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions in the second Test from 2017. **11.00** New Zealand v British & Irish Lions in 2017's third Test.
12.00 M'T **British and Irish Lions Tour**
4.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Charlton Athletic v Leyton Orient in the League One play-off final.
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Coverage from day three of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
7.20 LIVE **EFL Cup Barnet v Newport County.** Coverage of the southern section preliminary round match at The Hive Stadium. Barnet have returned to the EFL for the first time since being relegated to the National League in the 2017/18 season, and face a team that narrowly avoided relegation to the fifth tier last term, for the right to host Millwall in the first round. Kick-off **7.30pm**.
9.30 LIVE **WTA & ATP Tennis** Further coverage from day three of the Canadian Open, the ATP event in Toronto and the WTA event in Montreal, both of which are hard-court tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA Tennis** Prague Open final.
8.00 **ATP Tennis** Croatia Open final.
9.00 **PGA Tour Golf** 3M Open review.
10.00 **European Seniors Golf**
11.00 **WTA & ATP Tennis**
1.00 PM **Good Morning Football**
3.00 **Women's One-Day International Cricket**
5.00 **WTA Tennis** Prague Open final.
6.00 **NBC's Pro-Football Talk** The latest news from the NFL.
8.00 **WTA & ATP Tennis** Action from the WTA Washington Open final. **9.00** ATP Washington Open final.
10.00 **Ladies European Tour Golf** Women's Scottish Open review.
11.00 **PGA Tour Golf** 3M Open review.
12.00 M'T **PL Greatest Games**
1.00 AM **WTA & ATP Tennis**
3.00 **EFL Greatest Games**
4.00 **Golf Academy**
5.00 **to 6.00** AM **Best of Open Zone**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A rerun of Nottingham Forest v Arsenal. **7.30** Action from Tottenham Hotspur v Manchester City. **9.00** Another chance to see Manchester United v Ipswich Town.
10.30 **FIM JuniorGP Championship** Races from Aragon, Spain.
3.00 PM **Motocross World Championship** Highlights of races in the Czech Republic.
6.00 **British Superbikes Highlights** From Brands Hatch in Kent.
7.00 **WNBA** Action from Connecticut Sun v Golden State Valkyries.
8.00 **Tour de France Women** Stage four of Tour de France Women.
9.00 **Porsche Supercup** Highlights from the Belgian Grand Prix.
10.00 **Shanghai Masters Snooker** The second day of the tournament.
12.00 M'T **UFC** Whittaker v de Ridder.
3.00 AM **UFC Fight Flashback**
4.00 **to 6.00** AM **Shanghai Masters Snooker**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches in the Australian Football League
1.30 PM **MLB Highlights**
2.30 **WNBA** Highlights of Connecticut Sun v Golden State Valkyries.
3.30 **Grand Slam Track Athletics** Action from the third slam event which was staged in Philadelphia.
4.30 **UEFA Champions League – Classics** Celtic v Juventus from the 2001/02 season.
5.00 **AFL** A replay of Fremantle Dockers v West Coast Eagles.
6.30 **AFL** A replay of North Melbourne Kangaroos v Geelong Cats.
8.00 **AFL** Another chance to see Adelaide Crows v Port Adelaide Power at the Adelaide Oval.
9.30 **AFL** A replay of Richmond Tigers v Collingwood Magpies.
11.00 **AFL** Another chance to see St Kilda Saints v Melbourne Demons.
12.30 AM **Born Racers**
1.30 **to 6.00** AM **FIM JuniorGP Championship**

Premier Sports 1

419 551

6.00 AM **British Minibikes**
7.00 **Euro Le Mans Highlights**
8.00 **Transworld Sport** Magazine.
9.00 **UK Independent Kart Racing**
10.30 **FIM Sidecarcross**
11.30 **LaLiga Specials**
12.00 NOON **World Surf League**
1.00 PM **PSA Squash Highlights**
2.00 **LaLiga** Barcelona v Real Madrid.
4.00 **LaLiga Specials** Featuring action from the 2023/24 season.
4.55 **NASCAR Highlights**
5.55 LIVE **Swedish Speedway Vastervik v Lejonen.** Start-time is at **6.00pm**.
8.00 **Bike World** Magazine.
8.30 **FIM Sidecarcross** Action from Strassbessenbach, Germany.
9.30 **NASCAR Highlights**
10.30 **LaLiga** Barcelona v Real Madrid.
12.30 AM **LaLiga Specials**
1.00 **PSA Squash Highlights**
2.00 **FIM Sidecarcross**
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 552

6.00 AM **NASCAR** The Brickyard 400.
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports highlights.
11.00 **Copa Del Rey** The 2025 final.
2.00 PM **Top 14 Rugby Union** Replay of Toulouse v Bayonne.
4.00 **Top 14 Rugby Union** A replay of Bordeaux Bègles v Toulon.
6.00 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
8.30 **Temples of Sport** Iconic sporting venues from around the globe.
9.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers: Action from game three of the Stanley Cup Finals at Amerant Bank Arena in Sunrise, Florida.
11.30 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers: Action from game four of the Stanley Cup Finals at Amerant Bank Arena in Sunrise, Florida.
2.00 AM **NHL: This is Hockey**
2.30 **Copa Del Rey** The 2025 final.
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Hungarian Grand Prix highlights from the 2014 race through to the 2018 race.
11.00 **Formula 1** Qualifying for the Belgian Grand Prix race.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** Another chance to see the Belgian Grand Prix at the Circuit de Spa-Francorchamps.
6.00 **Ted's Notebook**
6.30 **Brad Pitt Drives a McLaren**
6.45 **Carlos Sainz & the Lie Detector**
7.00 **Indy NXT** Race one of the Firestone Grand Prix of Monterey. **8.0** Race two of the Firestone Grand Prix of Monterey.
9.00 **Indycar** The Java House Grand Prix of Monterey at WeatherTech Raceway Laguna Seca in California.
10.00 **Formula 1** Featuring highlights from the Belgian Grand Prix.
11.00 **Indycar** Action from the Java House Grand Prix of Monterey.
12.00 M'T **Formula 1** Race highlights.
1.00 **to 6.00** AM **The Home of F1**

Wednesday

30 July

Evening Planner

Entertainment

Destination X
BBC1, 9pm
Rob Brydon asks a group of players to guess their mystery European location from a set of clues. Continues tomorrow.

Documentary

The Moors Murder: Search for Justice
BBC2, 9pm (box set, BBC iPlayer)
Two-parter looking at potential new evidence in the Moors Murders case.

Drama

Fire Country
Sky Witness, 9pm
As the series returns, Bode is now a free man, and Gabriela and Diego's wedding is disrupted by a helicopter crash.

OnDemand

Disney+

Miley Cyrus: Something Beautiful
Available today
A visual companion to the singer's new album, featuring 13 new songs.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Destination X		10.00 News; Local News	
	102 BBC2	7.00 SOS: Extreme...	7.30 Villages by the...	8.00 Amazing Hotels: Life Beyond the Lobby		9.00 The Moors Murders: A Search for Justice		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family: Born Without Trace...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Can't Sell, Must Sell		9.00 Operation Dark Phone: Murder by Text		10.00 Super Surgeons: A Chance at Life	
	105 5	7.00 Shoplifters: Caught Red Handed		8.00 Call the Bailiffs: Time to Pay Up		9.00 Casualty 24/7: Every Second Counts		10.00 The Hospital: Life on the Line	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Great Barrier Reef with David...		9.00 Robin Williams: Come Inside My Mind			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Film: Captain Phillips			
	116 BBC4	7.00 Timothy Spall...	7.30 Walk the Line...	8.00 Hurricanes and Heatwaves: The Highs...		9.00 Japan's Master of Restoration	9.50 Around...	10.10 Film: The War Game	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Extraordinary	10.40 Family...
	136 MORE4	‹ 6.55 The Dog House New Zealand		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country				10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.40 Six Feet Under	7.45 House of the Dragon			9.00 The White Lotus			10.15 True Detective
	110 U&GOLD	‹ 6.50 Dad's Army	7.30 Still Open All Hours	8.05 The Vicar of Dibley				10.00 The Royle Family	10.40 Last...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 Junk and Disorderly		8.00 Goodwood Festival of Speed		9.00 Film: The Rock			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bad Neighbours			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Death in Paradise		8.00 Bookish					10.25 Father Brown
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Bill Bailey's Master Crafters: The Next...		9.00 Chasing Lights: The Voyages of Matisse		10.10 Welcome to the Eighties	
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Ambulance at Christmas		9.00 Stacey Dooley Sleeps Over USA		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Nazi Megastructures		10.00 Hitler's Last Stand	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 Caribbean with Simon Reeve		8.00 Secret Nazi Bases		9.00 Operation Arctic		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Chimp Crazy		8.00 Escobar by Escobar		9.00 Chernobyl: The Lost Tapes			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 The Sloth Lane		8.00 Kraven the Hunter					10.15 Rumours
	302 FAVOURITES	‹ 5.40 The Amazing Spider-Man		8.00 Aquaman					10.25 Aquaman and...
	303 ANTI HEROES	‹ 5.25 Furiosa: A Mad Max Saga		8.00 Mad Max: Fury Road				10.10 Riddick	
	304 GREATS	‹ 6.15 Brewster's Millions		8.00 Dumb and Dumber				10.00 The Golden Child	
	305 ANIMATION		7.15 The Prince of Egypt			9.05 Barnyard			
	306 SCHOOL'S OUT	‹ 5.50 Spy Kids	7.30 Spy Kids 2: Island of Lost Dreams				9.15 Spy Kids 3: Game Over		
	307 ACTION	‹ 5.55 Twisters		8.00 Furiosa: A Mad Max Saga					10.30 Bad Boys II
	308 COMEDY	‹ 6.20 The Naked Gun 2½: The Smell of Fear		8.00 You've Got Mail				10.10 Dinner for Schmucks	
	309 THRILLER	‹ 6.15 Barbarians		8.00 Inferno				10.10 The Italian Job	
	310 DRAMA	‹ 6.05 Save the Cinema		8.00 Meet Joe Black					
	311 SCI-FI	‹ 6.15 Men in Black		8.00 Stargate				10.10 Event Horizon	
	313 FILM4	‹ 6.35 Star Trek				9.00 Where the Crawdads Sing			
SPORT	401 MAIN EVENT	‹ 4.00 Tennis – Live: The Canadian Open							10.30 PL Summer...
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Transfer 360	8.00 Gary Neville's...	8.30 PL Stories	9.00 Transfer 360	9.30 Premier League Summer Series		10.30 PL Summer...
	403 FOOTBALL	7.00 EFL Highlights		8.00 EFL		9.00 Championship Season Review			10.30 EFL Greatest...
	404 CRICKET	7.00 Test Cricket							
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: Detroit Tigers v Arizona Diamonbacks (Start-time 6.10)					9.15 Superbike...	9.45 Unbreakable: England 2003	
	411 TNT SPORTS 2	7.00 Discovery Golf	7.30 Ultimate Pool			9.00 MLB – Live: San Diego Padres v New York Mets (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition A lonely lorikeet looks for love. (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** Unwanted steel sheets and an old golf bag. (S)(R)
2.45 **Escape to the Country** A home in either Dorset or Devon. (S)(R)
3.45 **The Bidding Room** New edition Items include vintage signs, a drinks case and a leather painting. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Stacey faces an emotional milestone, Nicola steps up for Harry, and Yolande starts to worry about Patrick. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The experts restore a pair of original seats from Arsenal's old Highbury stadium, a broken locket from World War Two, a shop ledger from 1909 and a chapel from a model village. (S)(AD)

9 PM

9.00 NEW SERIES **Destination X** 1/10. Comedian Rob Brydon hosts as 13 contestants are taken to undisclosed locations across Europe on a coach with blacked-out windows and have to guess exactly where they are. *See feature, page 11.* (S)(AD)

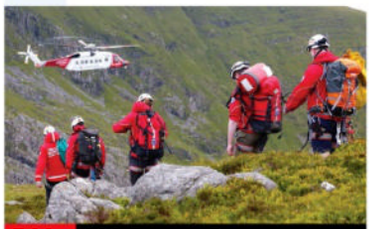
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Spider-Man: Far from Home** Superhero adventure sequel starring Tom Holland and Jake Gyllenhaal. In the aftermath of the Avengers' battle for the fate of the universe, the web-slinger just wants life to get back to normal. A school trip across Europe seems just the thing – but he ends up recruited by a spy agency to battle an invasion by monsters from another dimension. (S)(AD) (2019, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** With David Blunkett and Lesley Garrett. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Universe** The Milky Way. (S)(R)
5.15 **Flog It!** Featuring a collection of Matchbox toys. (S)(R)
6.00 **Richard Osman's House of Games** With guests Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell. (S)(R)
6.30 **Rick Stein's Food Stories** In Lincolnshire, Rick visits James Dyson's futuristic farm and cooks bangers and mash. (S)(R)(AD)



7.00 SOS: Extreme Rescues

7.00 **SOS: Extreme Rescues** New edition An injured climber is stuck on a narrow ledge after falling 30 feet. (S)
7.30 **Villages by the Sea** Ben Robinson explores Runswick Bay in North Yorkshire. (S)(R)
8.00 **Amazing Hotels: Life Beyond the Lobby** Monica Galetti and Rob Rinder head to the little-known Hotel Hubertus, a resort in the Tyrol region of northern Italy that is the vision of one family. (S)(R)
9.00 NEW SERIES **The Moors Murders: A Search for Justice** 1/2. Investigating the case of the Moors Murders, drawing on new-found documents and recordings of the child killers, Ian Brady and Myra Hindley. (S) ■ Entire series on BBC iPlayer
10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul travel to Dorset to fish for grayling in the River Frome, before turning their hands to mackerel fishing. (S)(R)
10.30 **Newsnight** (S)
11.00 **Human** 3/5. Ella Al-Shamahi tells the story of how humanity became what it is today through five key moments. (S)(R)(AD)
12.00 M'T **Sign Zone: Uncanny** (S)(R)
1.00 AM **Sign Zone: Lifeline** (S)(R)(AD)
1.10 **Sign Zone: Chess Masters – The Endgame** Sue Perkins hosts this high-stakes contest. (S)(R)
1.40 **Sign Zone: Our Lives – The World's Oldest Railway** (S)(R)
2.10 **Sign Zone: Unforgivable** (S)(R)
3.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 LIVE **Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani present coverage of day two of the festival, featuring the 3.05 Sussex Stakes and races at 1.20, 1.55, 2.30 and 3.45. With analysis from Jason Weaver, reports by Rishi Persad, Matt Chapman and Luke Harvey, and commentary from Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.30 **Emmerdale** John digs up dirt on Robert, Cain goes on the warpath and Dylan stands up April. (S)(AD)
8.00 **Coronation Street** Theo's anger erupts in front of his family when Todd drops a bombshell, Carl decides to distance himself from Abi, Sam opens up to Toyah, and a job offer prompts James to pack his bags. (S)(AD)
9.00 NEW **Long Lost Family: Born Without Trace – What Happened Next** Revealing what happened to foundling Natasha and her full sister Lee-Ann, who were left as babies in the toilets of two south London hospitals. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **The Man with the Golden Gun** James Bond adventure starring Roger Moore. 007 tangles with a deadly professional hit-man who uses golden bullets on his victims. With Christopher Lee and Britt Ekland. (S)(AD) (1974, PG, 140min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Under the Bridge** 2/8. Cam is thrown by a shocking discovery, and Josephine makes a deal with Rebecca. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 19-22/26. (S4) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 17-20/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Michigan. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** A 1953 Riley RMF. (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Granada, Spain. (S)(R)
4.00 **The Great House Giveaway** In Hull, a bricklayer and landscape gardener renovate a home. (S)(R)
5.00 **Chateau DIY** The Cherry family renovate their bridal suite, complete with turret bathroom. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Darren and Natalie help a Hampshire couple to upgrade their Spanish dwelling. (S)(R)

8.00 Can't Sell, Must Sell

7.00 **News** (S)
8.00 **Can't Sell, Must Sell** New edition Stuart and Scarlette Douglas transform two houses that desperately need to be sold. One house is trapped in the 1980s and the other is stuck in a purple haze at the top of a hill. (S)(AD)
9.00 **Operation Dark Phone: Murder by Text** Series finale 4/4. Sixty days since the authorities first broke into the criminals' messages, it's approaching the beginning of the end of the EncroChat hack. (S)(AD)
10.00 **Super Surgeons: A Chance at Life** Professor Vin Paleri attempts to reconstruct a throat cancer patient's entire windpipe – but one mistake could leave him unable to swallow or speak. (S)(R)(AD)
11.05 **24 Hours in A&E** A former lollipop lady arrives after being attacked by one of her cats. (S)(R)(AD)
12.05 AM **999: On the Front Line** (S)(R)
1.00 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
1.50 **Michael Mosley: Secrets of the Superagers** (S)(SL)(R)(AD)
2.45 **The Supervet: Noel Fitzpatrick**
3.40 **The Dog Academy** (S)(SL)(R)(AD)
4.35 **Find It, Fix It, Flog It** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

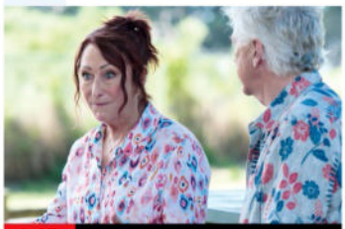
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **A Dangerous Affair** Thriller starring Aubree Bouché. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Mary hosts a fundraising event for a local animal charity. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly Australia** Trainer Graeme Hall encounters a chihuahua who dislikes everything and everyone she encounters. (S)(R)
6.55 **News** (S)


1.45 Home and Away

7.00 **Shoplifters: Caught Red Handed** In Manchester, a shop owner suffers a terrifying experience when five men armed with baseball bats burst into his store. (S)(R)
7.55 **News** (S)
8.00 **Call the Bailiffs: Time to Pay Up** New edition 9/12. Agents Sam and Mark are enforcing a debt in East Anglia involving a man who owes nearly £5000 in unpaid legal fees. (S)(AD)
9.00 **Casualty 24/7: Every Second Counts** New edition A 93-year-old with a head wound is taken to an available space in resus and seen by Dr Joshua Wren. In paediatrics, there's a young girl with a broken arm. (S)
10.00 **The Hospital: Life on the Line** A 79-year-old man is airlifted in after a heart attack, and Dr Stuart Hood and his team must quickly find and release the blockage in the patient's narrowed artery. (S)(R)
11.05 **A&E After Dark** (S)(R)
12.05 AM **Trauma Room One** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Playgrounds of the Rich & Famous** The resort of the Hamptons in Long Island. (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 11/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Lisa's Pony:* Homer buys Lisa a pony to prove his love for her. (S)(R) **5.30** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with. (S)(R) **6.00** *Saturdays of Thunder:* Homer tries to be a better father by helping Bart build a go-kart for a competition. (S)(R) **6.30** *Flaming Moe's:* Homer invents a new drink. (S)(R)

7.00 The Office (US)

7.00 **The Office (US)** *Last Day in Florida:* 18/24. Andy learns Erin will not be returning to Scranton. (S)(R) **7.30** *Get the Girl:* 19/24. Andy heads to Florida for Erin, so Nellie makes herself at home. (S8) (S)(R)
8.00 **Great Barrier Reef with David Attenborough** 3/3. The naturalist examines what the future holds for the natural wonder, before going on an ambitious attempt to dive further into the reef than ever before. (S)(R)
9.00 **Robin Williams: Come Inside My Mind** Feature-length documentary portrait on the life and work of the beloved comedian and actor, Robin Williams, featuring previously unseen footage and interviews with those closest to him. (S)(AD)
11.05 **S.W.A.T.** 2/22. The team tackle a violent gang. (S8) (S)(R)(AD)
12.05 AM **Peacemaker** 1/8. The hero returns home. (S)(R)(AD) **1.05** 2/8. Mistrust builds within the team after Peacemaker's escape. (S1) (S)(R)(AD)
2.05 **An Idiot Abroad** (S)(R)(AD)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 11/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.40am Scotcast (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Hunting the Online Sex Predators (S)(R) **11.30** FILM Spider-Man: Far From Home (S)(AD) (2019, 12, 120min) ★★★★ **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S) **10.40** Crimewatch Caught (S)(R) **11.10** FILM Spider-Man: Far From Home: As N. Ireland. **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Mandy New episodes (S)(AD)

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Garddio a Mwy **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ras Yr Wyddfa **4.00** Awr Fawr **5.00** Stwnsh **6.00** Redbull Hardline Cymru **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Hafiach Series finale (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Sioe **10.00** Cefn Gwlad (AD) **11.00pm-12.05am** Trysorau'r Teulu

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Richard drives the Mastretta MXT.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** 5/10. The Mykonos trip continues but there's a problem with fashion choices. **8.30** 6/10. The weekend away to find the agency's new summer intern begins.
9.00 FILM **Captain Phillips** Gripping fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship as it journeys through the waters around the Horn of Africa, putting its captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
11.05 **Pretty Little Liars: Original Sin** 5&6/10. (S1)
12.45 AM **Funboys** 2/4. (S1)
1.10 **Top Gear** As 7.00pm.
2.15 **Paddy & Molly: Show No Mersey** Paddy gets news about his shoulder injury.
2.45 **Sky High Club: Scotland and Beyond** Double bill.
3.40 **to 4.00** AM **Ellie & Natasia**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Timothy Spall Back at Sea** Cardiff to Clydebank.
7.30 **Walk the Line with Barra Best** Exploring County Tyrone's lost railway routes.
8.00 **Hurricanes and Heatwaves: The Highs and Lows of British Weather**
9.00 NEW SERIES **Japan's Master of Restoration** 1/3. Antique restorer Koji Mayuyama visits museums.
9.50 **Around the World in 80 Treasures** Samurai sword.
10.00 NEW **Michael Aspel Remembers... The War Game** Looking back on the BBC drama documentary.
10.10 **The War Game**
10.55 **Mick Jackson Remembers... Threads**
11.15 **Threads** Nuclear war drama.
1.10 AM **Timothy Spall Back at Sea** Cardiff to Clydebank.
1.40 **Walk the Line with Barra Best** As shown at 7.30pm.
2.10 **The War Game**
2.55 **to 3.55** AM **Hurricanes and Heatwaves: The Highs and Lows of British Weather**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from places in and around Essex and Suffolk.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** Heather and Tim from Lothianburn enlist the help of the hosts.
6.55 **The Dog House New Zealand** New edition The Bascal family are looking for a new buddy for their dog.
7.55 **The Dog House** A French bulldog meets drag queen John and partner Sammy, while the unluckiest dog on Woodgreen animal charity's books goes on two dates.
9.00 **Grand Designs** A couple make a family home out of an abandoned water tower in Northamptonshire with a budget of £400,000.
10.00 **Location, Location, Location Australia** New edition Client Aaron wants to use his father's inheritance wisely and buy his first home in Frankston – but nothing seems to be good enough for him.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: The Freezer Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks**
7.30 **The Simpsons** *Bart Stops to Smell the Roosevelts:* Bart discovers he has a passion for American history.
8.00 **Below Deck** New edition A new crew member is thrown in at the deep end with social-media-addicted guests, while Barbie and Kyle struggle after taking their relationship to the next level.
9.00 **Gogglebox** The households' opinions on shows including *Banged Up: Stars Behind Bars*. **10.00** Shows including *The Crown*, *Survivor* and *007: Road to a Million* are appraised.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.35 **Modern Family**
3.30 **Below Deck**
4.20 **Ramsay's Kitchen Nightmares USA**
5.10 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 7/10. (S7)
12.00 NOON **FBI** 7/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 7/22. The team investigate the murder of a professional basketball player's wife. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Fire Country** *I Do:* 10/10. Gabriela prepares to walk down the aisle on her wedding day, as Bode gets some surprising news. (S2)

9 PM
9.00 NEW SERIES **Fire Country** *What the Bride Said:* A crash ignites chaos. *See feature, page 7.* (S3) ■ Entire series on Box Sets

10 PM
10.00 **Matlock** *Rome, In a Day:* 2/19. Matty and her team defend a developmentally delayed teen who is accused of murder. (S1)
11.00 **FBI** 3&4/13. (S6)
1.00 AM **The Cleaning Lady** (S3)
2.00 **Law & Order: Special Victims Unit** New episodes 21&22/22. Double bill. (S26)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **True Blood** 11&12/12. (S1)
10.00 **Six Feet Under** 6&7/13. (S2)
12.10 PM **House of the Dragon**
1.25 **Gangs of Milan: Blocco 181**
3.35 **True Blood** 11/12. Bill completes Jessica's transformation into a vampire. **4.35** 12/12. The identity of the serial killer is revealed. (S1)
5.35 **Six Feet Under** 6/13. Ruth's estranged sister Sarah turns up unannounced. **6.40** 7/13. Nate seeks spiritual guidance. (S2)

9.00 The White Lotus

7.45 **House of the Dragon** *The Princess and the Queen:* 6/10. Rhaenyra navigates continued speculation about her children, while Daemon and Laena consider an offer. (S1)

9.00 **The White Lotus** *Bull Elephants:* 3/7. Harper decides that she is going to be a more pleasant version of herself. (S2)

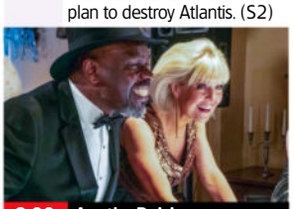
10.15 **True Detective** *Maybe Tomorrow:* 3/8. Ray and Ani have a close call with Caspere's killer. (S2)
11.20 **Homicide: Life on the Street** 19/22. Gharty decides to follow Ballard's suggestion to stop drinking for a month. (S7)
12.20 AM **Succession** 6&7/10. (S2)
2.45 **The Night Of** 6/8. (S1)
3.50 **House of the Dragon** (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 6/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 3/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 11/22. A hacker tries to expose the identities of undercover officers. (S5)
5.00 **SEAL Team** 2/22. The unit is sent to Saudi Arabia. (S2)
6.00 **Stargate Atlantis** 13/20. The team race to foil a Goa'uld plan to destroy Atlantis. (S2)



8.00 Agatha Raisin

7.00 **Stargate Atlantis** *Grace Under Pressure:* 14/20. McKay gets trapped underwater in a sinking Puddle Jumper. (S2)

8.00 **Agatha Raisin** *Love, Lies & Liquor:* 2/4. The sleuth is whisked away on holiday, but she finds herself the prime suspect when a hotel guest is found murdered and has to find the culprit so she can clear her name. (S4)

10.00 **An Idiot Abroad** 4/8. Karl Pilkington travels to Mexico and immerses himself in the country's culture.
11.00 **S.W.A.T.** 2/22. The team tackle a violent gang. (S8)
12.00 M'T **Peacemaker** 1/8. The titular hero returns home. **1.00** AM 2/8. Tension builds within the team. (S1)
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 11/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt...**
6.00 **Celebrity Catchphrase**

10.05 Extraordinary

7.00 **Deal or No Deal** Stephen Mulhern hosts as Alana takes on the Banker for the chance to win life-changing money.

8.00 **Million Dollar Listing: LA** Flagg regrets listing a property in Trousdale for more than it's worth.

9.00 **Love Island** New edition Reality show in which singletons seeking romance compete in the hope of finding love.

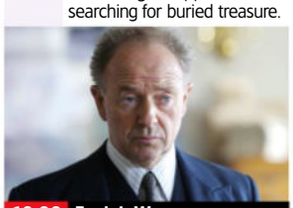
10.05 **Extraordinary** Series finale 8/8. Kash struggles with his perfectionist urges. (S2)
10.40 **Family Guy** 13/18. Cleveland and Meg get new jobs. (S13)
11.10 **Family Guy** 9/18. (S13)
11.40 **American Dad!** (S12&11)
12.35 AM **Bob's Burgers** 3/22. (S11)
1.05 **Totally Bonkers Guinness World Records** Double bill.
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Tutti Frutti.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Bad Tidings:* A Spanish-themed evening ends in murder after a woman rows with her husband.
5.50 **Heartbeat** *Saint Columba's Treasure:* Greengrass and Blaketon get trapped while searching for buried treasure.



10.00 Foyle's War

6.55 **Heartbeat** *Sitting off the Dock of the Bay:* Nick goes undercover as a DJ at a radio station to track down drug smugglers.

8.00 **Vera** *Poster Child:* Joined by a new addition to the ranks, Vera and the team investigate the murder of a respected surgeon and the abduction of his two teenage daughters.

10.00 **Foyle's War** *Plan of Attack:* When an RAF officer is found hanged in a wood, the new chief superintendent is quick to dismiss it as a suicide. **11.55** **Broadchurch** 7/8. A trap is set, and Paul steps in to help a figure in distress. **12.55** AM 8/8. After all the twists and turns, the truth is finally revealed – changing lives for ever. (S2)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Celebrity Escape to the Country** Presenter Kaye Adams seeks to swap city life for the Scottish countryside.
8.00 **This Farming Life** Jenni moves her alpacas, donkeys and goats to their new arena.
9.00 **Reporting Scotland**
9.15 **Growing Up Scottish** Scotland's comedians look back at sport.
9.30 **Nightsleeper** 5/6. Hud and Miller interrogate Abby. (S1)
10.30 **River City** New episode Viv's life is on the line when Harry confronts her.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** Investigating the unique Scottish legal verdict of not proven.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** 1&2/8. (S1)
9.00 **The Conners** (S5&1)
10.00 **Vice Principals** (S1)
11.20 **Camping (US)** (S1)
12.35 PM **Silicon Valley** (S5)
1.55 **Vice Principals** (S1&2)
3.15 **High Maintenance** (S2)
4.25 **Camping (US)** (S1)
5.45 **The Conners** (S5&1)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 1/7. The Pied Piper team are finally out of beta. **8.25** 2/7. A financial offer with a risky investor troubles Richard. (S6)
9.00 **Entourage** 7/8. The boys are concerned with the new script for Queens Boulevard. **9.35** 8/8. Vince prepares to leave Los Angeles. (S1)
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **Sex and the City** (S6)
12.25 AM **Girls** 9&10/10. (S4)
1.40 **Hung** 5&6/10. (S1)
3.00 **to 5.00** AM **Run**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **The South Bank Show Originals**
6.30 **André Rieu: Live in Bahrain**
7.55 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Skinner & Mina's Literary Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Master Crafters: The Next Generation**
9.00 **Chasing Lights: The Voyages of Matisse**
10.10 **Welcome to the Eighties**
11.10 **Comedy Legends**
12.10 AM **Laurel and Hardy: Their Lives and Magic**
1.55 **Backstage**
2.55 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 22/26. (S1)
8.00 **Star Trek: Deep Space Nine** *The Abandoned:* 6/26. A murderous alien infant is brought aboard the space station. (S3)
9.00 **The Rookie** 1&2/22. (S5)
11.00 **Grimm** 4/22. (S5)
12.00 M'T **Britain's Most Evil Killers** Railway Killers.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 6/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 23&24/25. (S1)
12.00 NOON **Highway to Heaven** 13/25. (S1)
1.00 PM **Father Dowling Mysteries** 11/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 6&7/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *Vendetta for a Dead Man:* 24/26. Jeannie's life is placed in serious danger. (S1)
10.00 **The New Avengers** *To Catch a Rat:* 7/13. (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S8)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 6/22. (S4)
3.00 **Crazy Like a Fox** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **Minder**
7.20 **The Return of Sherlock Holmes** Period drama.
8.25 **Kojak**
10.35 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Return of Sherlock Holmes** Period drama.
1.45 **Kojak**
3.55 **Magnum, PI**
6.00 **Minder** 5/13. Arthur spies an opportunity as he and Ray prepare to pay their respects to Charlie Johnson. (S8)

9.00 The Rock

7.00 **Junk and Disorderly** Henry Cole, Allen Millyard and Guy Willison visit the Fairford Steam and Classic Car Show.
8.00 **Goodwood Festival of Speed** The annual event held at Goodwood Estate in West Sussex.
9.00 FILM **The Rock** Action thriller starring Sean Connery and Nicolas Cage. An FBI chemical weapons expert and a convict try to break into Alcatraz to foil a demented US marine general who has seized the island. (1996, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **LIV Golf Highlights** Action from the latest round of the season, which came from JCB Golf and Country Club in Rocester, Staffordshire.
12.35 AM **Wrestling: AEW Collision**
2.25 **Motorsport Mundial**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 20/26. (S7)
2.00 **Atlantis** 13/13. (S2)
3.00 **Stargate Atlantis** 17/20. (S2)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: The Next Generation** 20/26. (S7)
6.00 **Star Trek: Enterprise** 7/22. Part one of three. Earth's embassy on Vulcan is bombed by a religious faction. (S4)

11.00 Dark Storm

7.00 **Atlantis** *The Queen Must Die – Part Two:* 13/13. Jason vows to save his fellow prisoners. (S2)
8.00 **Stargate Atlantis** *Coup d'Etat:* 17/20. The team become embroiled in a Genii coup. (S2)
9.00 **The Leftovers** *Cairo:* 8/10. While Kevin fears he is losing touch with reality, Jill begins a downward spiral. (S1)
10.00 **The Walking Dead** *Look at the Flowers:* 14/22. Heroes and villains deal with the aftermath of the Hilltop fire. (S10)
11.00 FILM **Dark Storm** Sci-fi thriller with Stephen Baldwin. (2006, 15, 89min) ★★
1.00 AM **Train** 9/12. Jae-chul and Do-won of World B die in a mysterious car accident. **2.10** 10/12. Do-Won finds out who the real killer is, but the culprit is one step ahead. (S1)
3.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 7/23. (S1)
11.00 **Hudson & Rex** 13/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 1/6. Period drama. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 7/23. (S1)
5.00 **Hudson & Rex** 13/16. (S4)
6.00 **Father Brown** *The Winds of Change:* A murderer begins using Kembleford's model village to plan their attacks.

9.10 Bookish

7.00 **Death in Paradise** *Hidden Secrets:* 2/8. A surf-school owner is shot dead in his workshop, which was locked from the inside. (S4)
8.00 **Bookish** New episode *Such Devoted Sisters – Part One:* 5/6. When an army captain drinks a poisoned cocktail, there are multiple suspects. **9.10** Series finale *Such Devoted Sisters – Part Two:* 6/6. The staff at the hotel start to rebel. (S1)
■ Entire series on U
10.25 **Father Brown** *The Jackdaw's Revenge:* When an old foe is released from prison, the sleuth tries to protect those closest to him.
11.25 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** 1/6. (S3)
1.20 **Elementary** 12/13. A tech billionaire provides Holmes and Watson with a lead. (S7)
2.25 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.30 **Keeping Up Appearances**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Still Open All Hours**
3.30 **Are You Being Served?**
4.10 **Last of the Summer Wine**
5.30 **Keeping Up Appearances**
6.10 **Are You Being Served?**
6.50 **Dad's Army**

10.40 The Last Fast Show Ever

7.30 **Still Open All Hours** Granville and Gastric find themselves acting as marriage counsellors.
8.05 **The Vicar of Dibley** Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.
9.05 **The Vicar of Dibley** Alice and Hugo's baby is christened amid chaos in the village, and David asks Geraldine to marry him.
10.00 **The Royle Family** Nana comes to stay while she recuperates.
10.40 **The Last Fast Show Ever** Re-edited compilation.
11.30 **Not Going Out** Lucy's father moves in with the duo.
12.05 AM **Absolutely Fabulous Special: Ab Fab @ 20**
12.50 **The Vicar of Dibley**
1.45 **The Royle Family**
2.30 **The Last Fast Show Ever**
3.10 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball Christmas Special** Obstacle course.
8.00 **Special Ops: To Catch a Criminal** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Documentary series.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Rick meets chef Tom Adams. **5.30** Rick discovers a rare type of Norman castle.
6.00 **Hairy Bikers' Best of British**

2.00 Cape Carnage: Killer...

7.00 **Would I Lie to You?** With Fern Britton, Richard E Grant, Sanjeev Bhaskar and Martin Clunes. **7.40** **Richard Osman's House of Games** Guests include Sean Fletcher. **8.20** With Ade Adepitan, Jean Johansson, Stephen Mangan and Vikki Stone.
9.00 **QI** Hannah Waddingham, Desiree Burch and Jason Manford join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Bill Bailey hosts the satirical quiz, with guests Helen Lewis and Daliso Chaponda.
11.00 **Taskmaster** Jessica Knappett demonstrates her mastery of a child's percussion instrument.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Wednesday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces: Winter World Tour**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** Documentary.
8.00 **Michael Mosley: Secrets of the Superagers**
9.00 FILM **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise. (2016, 12, 118min) ★★★
11.20 FILM **Copshop** Thriller starring Gerard Butler. (2021, 15, 107min) ★★
1.25 AM FILM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
3.20 **Our Farm Next Door: Amanda, Clive and Kids**
4.25 **to 4.55** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 16-18/24. (S4)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Requiem:* 7/19. Gibbs tries to protect one of his dead daughter's friends. **7.00** *Designated Target:* 8/19. An admiral is found executed by the road. **8.00** *Lost and Found:* 9/19. The team search for a nine-year-old's missing father. (S5)
9.00 **Criminal Minds** *Wheels Up:* 1/22. The agents race to take down Mr Scratch and save one of their own in the process. **10.00** *To a Better Place:* 2/22. The team's new case proves similar to three old cases. (S13)
11.00 **Law & Order: Special Victims Unit** (S16)
12.55 AM **The Resident** (S2)
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law**
10.00 **Killed by My Daughter: Murdered in Paradise**
11.20 **Acts of Murder**
12.25 AM **Making a Serial Killer** A look into the crimes of Jesse Matthew.
1.20 **My Lover, My Killer**
2.15 **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.15 AM **Trucking Hell**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
1.05 PM **The Motorway**
2.05 FILM **Hellfire** Western drama starring Bill Elliott and Marie Windsor. (1949, PG, 90min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Traffic Cops** A teenager has a lucky escape after crashing into a wall and overturning her car.
10.00 **Police: Suspect No 1** Detectives investigate a series of burglaries targeting the elderly.
11.05 FILM **Out for Justice** Martial arts thriller starring Steven Seagal. (1991, 18, 91min) ★
1.00 AM **Motorway Cops: Catching Britain's Speeders** Documentary.
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance**
8.00 **Inside the Ambulance at Christmas** Following crews at West Midlands Ambulance Service during the festive period.
9.00 **Stacey Dooley Sleeps Over USA** Documentary.
10.00 **999 Rescue Squad** A 21-year-old man shot twice in the chest. **11.00** A doctor fights for his life after a head-on collision with a truck.
12.00 M'T **The Gentle Art of Swedish Death Cleaning**
1.00 AM **My Kitchen Rules: Australia** Culinary show.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** New episode 5/6. Jack and Joan suspect that someone tried to poison Max's fiancé. (S2)
■ Entire series on U
9.00 **Sister Boniface Mysteries** 1/12. (S2)
10.00 **New Tricks**
11.20 **Spooks** 10/10. (S3)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Lee Sharpe.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Steven Moore and Angus Ashworth browse the emporiums of north east England. **8.00** Louise Gostelow and David Harper head for an auction in Belfast.
9.00 NEW SERIES **1000-lb Roomies** At a combined 1000-lbs, roomies Jaz and Nesha have big personalities and an even bigger appetite for life.
10.00 **Dr Pimple Popper**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Nikki Sanderson and Greg Rusedski.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room** Items include a carved temple statue and a block of silver.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Wild West Chronicles** Western.
8.50 **The Battle of Britain**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **The Man with the Gun** Western. (1955, b/w, PG, 88min) ★★★
3.00 FILM **Good Day for a Hanging** Western. (1958, U, 85min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 FILM **Eliminators** Thriller starring Scott Adkins. (2016, 15, 94min) ★★
11.05 FILM **The Recall** Thriller starring Wesley Snipes. (2017, 15, 90min) ★★
1.10 AM FILM **Shockwave: Countdown to Disaster** Sci-fi action thriller. (2017, 15, 99min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

6.00 AM **Air Rescue**
6.25 FILM **Cruel Fixation** Thriller. (2019, 12) ★★
8.00 **Paddington Station 24/7** Documentary.
9.00 **Saving Lives at Sea**
10.00 FILM **Second Chances** Drama. (2010, 12) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **Ring of Deceit** Mystery. (2009, PG) ★
2.55 FILM **The Threat Next Door** (2023, PG) ★★
5.00 FILM **Ties That Bind** Thriller. (2010, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **The Exception** Drama. (2016, 15) ★★★
11.20 FILM **Lost Letter Mysteries: Time to Start Livin'** (2014, PG) ★★
1.25 AM FILM **911 Nightmare** Thriller. (2015, 15) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Betrayed by Lies** Drama. (2018, PG, 86min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM FILM **The Dating List** Romantic comedy. (2019, PG, 90min) ★★
10.05 FILM **The Love Subscription** Comedy. (2023, PG, 86min) ★★
12.00 NOON FILM **Love, For Real** (2021, PG) ★★
2.00 PM FILM **The Wedding Arrangement** Drama. (2022, PG, 100min) ★★
4.10 FILM **My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
6.05 FILM **Sailing into Love** Drama. (2019, PG) ★★
8.00 FILM **A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★
10.00 FILM **Love at Sunset Terrace** Drama. (2020, PG, 85min) ★★
11.55 FILM **Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Wedding Arrangement**
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 1/7. (S2)
12.30 PM **You're Only Young...**
1.00 **Born Free** 13/13. (S1)
2.00 FILM **Press for Time** Comedy. (1966, U) ★★
4.00 **Blue Thunder** 6/11. (S1)
5.00 **Lucky Feller**
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S2)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice** 7/7. (S4)
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 5/13. (S1)
9.00 **Bramwell** (S2)
10.00 **Soap** 17/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T FILM **The Lost World** Drama. (1925, U) ★★★
2.00 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Keith's inattentive crew send the *Wizard* on a collision course. **8.00** A massive leak fills the *Time Bandit* and a fistfight tests Jake.
9.00 **Tiny House, Big Living** New editions Four editions. Couples learn what it really means to downsize when they take the plunge into the tiny house real estate market.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Jamie's Easy...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
10.00 **Hairy Bikers' Mississippi Adventure**
11.00 **Great British Bake Off**
1.00 PM **Jamie's Easy Meals for Every Day**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
6.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/25. (S7)
9.00 **The Fall Guy** (S2)
10.00 **Knight Rider** 5/22. (S4)
11.00 FILM **The Spoilers** Western. (1942, b/w, PG, 87min) ★★
1.00 PM FILM **Time Without Pity** Thriller. (1957, b/w, PG, 88min) ★★
2.45 FILM **Jet Pilot** Drama. (1957, U, 112min) ★★
5.00 **Star Trek** 6/24. (S3)
6.00 **Knight Rider** 6/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Triple 9** Thriller starring Chiwetel Ejiofor. (2016, 15, 113min) ★★★
11.15 FILM **Burning Rubber** Motor racing drama. (2019, 15, 83min) ★★
1.00 AM FILM **The Trust** Comedy thriller. (2016, 15, 90min) ★★★
2.50 **to 4.50** AM FILM **Forget Everything and Run** Survival thriller. (2021, 15, 101min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM FILM **Monster Hunters** As 5.00pm.
8.00 **The Gambler III: The Legend Continues**
10.00 **The Lost World** (S3)
11.00 FILM **Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
1.00 PM FILM **George and the Dragon** Fantasy. (2004, PG) ★★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 7/23. (S4)
5.00 FILM **Monster Hunters** Sci-fi action thriller. (2020, 15, 88min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 8/23. (S4)
9.00 FILM **Under Suspicion** Psychological thriller. (2000, 15, 111min) ★★
11.10 FILM **Lonesome Dove Church** Western. (2014, 15, 89min) ★★
1.00 **to 3.00** AM FILM **Witchfinder General** Cult British horror. (1967, 15, 98min) ★★★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **UFOs: Why Are They...**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence**
10.00 **World's Most Unexplained...**
11.00 **The Proof Is Out There: Bermuda Triangle**
12.00 M'T **Secrets in the Sand**
1.00 AM **UFOs: Why Are They Here?**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild**
12.00 NOON **Beyond the Yorkshire Farm...**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **The Yorkshire Vet**
6.00 **All Creatures Great and Small**
7.00 **Reuben & Clive: Beyond the Yorkshire Farm**
8.00 **Ben Fogle: New Lives in the Wild** In Utah.
9.00 **Portugal with Michael Portillo** In Braga.
10.00 **Into the Congo with Ben Fogle**
11.00 **All Creatures Great and Small**
12.00 M'T **Dan & Helen's Pennine Adventure**
1.00 AM **The Hotel Inspector**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** Properties in Ibiza.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country** People search for their ideal rural retreats.
9.00 **Home Town** Ben and Erin Napier have just five weeks to complete a couple's dream home before Christmas. **10.00** Ben and Erin take on a home for an iconic Laurel couple.
11.00 **Home Town Takeover**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **You, Me & My Ex** Roy and April have unfinished business.
10.00 **Dr Pimple Popper** Dr Lee reopens her office.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Botched Bariatric**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 11 & 12/22. (S4)
10.00 **Last Man Standing** (S5)
11.00 **Everybody Loves Raymond** (S3&4)
1.00 PM **Friends** (S3&4)
7.30 **Friends** 13/24. Rachel develops a crush. **8.00** 14/24. Guest stars Charlton Heston. **8.30** 15/24. Chandler's ex-girlfriend turns up out of the blue. (S4)
9.00 FILM **Bad Neighbours** Comedy starring Seth Rogen and Zac Efron. (2014, 15, 93min) ★★★
10.55 **Whose Line Is It Anyway? USA**
11.55 **South Park** (S27&13)
1.55 AM **Broad City** (S2)
2.55 **Beavis and Butt-Head**
3.05 **Kevin Bridges: The Brand New Tour**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 2&3/13. (S2)
11.00 **Friends** (S7)
1.00 PM **Impractical Jokers**
2.00 **Daria** 4&5/13. (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** Four editions of the series, including at: **8.00** 1/24. Debra plays a trick on Ray. **8.30** 2/24. Ray and Debra argue. (S4)
9.00 **South Park** (S1&5)
12.00 M'T **Beavis and Butt-Head** (S4)
2.00 AM **Reno 911!** (S8)
3.00 **Teachers** (S2)
3.45 **Comedy Central Live**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 5&6/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** A man is cornered by police.
10.00 **Stella** 5&6/6. (S6)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tyson Fury.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Love Triangles** Reality series.
3.00 **Catfish: Scammed**
4.00 **Catfish: The TV Show**
7.00 **Celebs on the Ranch**
8.00 **I Used to Be Fat**
9.00 **Ghosted: Love Gone Missing** Reality series.
10.00 **Caught in the Act: Unfaithful** New edition Lisa suspects her lover and business partner may be cheating on her.
11.00 **Ex on the Beach**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: Mine Rescue with Freddy & Juan** Golden nuggets dry up on a couple's claim in British Columbia. **4.00** Freddy and Juan unravel an underground mystery at a couple's Oregon claim.
5.00 **Building Off the Grid** Creating a solar-powered cabin.
6.00 **Border Control: Spain**

9.00 Street Outlaws

7.00 Wheeler Dealers Mike gambles on a Ford P100 imported from South Africa to Scotland, but it's hit with a series of issues.

8.00 Outback Truckers Adrian and Neil Bennet battle an inferno that is destroying hectares of Tasmania's bushland.

9.00 Street Outlaws: Locals Only New edition Eight racers local to Oklahoma race for $5,000 before the winner faces Boddie.

10.00 Roadworthy Rescues New edition 1/2. Derek revives a 1971 International Travelall to haul a 1968 Thunderbird.

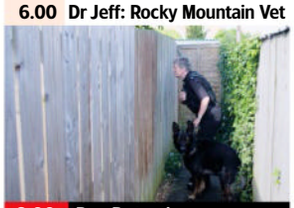
11.00 NEW **Attack of the Devil Shark** Documentary.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **The Aquarium**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** Transforming the home of a couple who run a parrot sanctuary. **4.00** Helping a family create some space for their animals.
5.00 **Lone Star Law** A patrol at a fishing spot leads to a drugs bust and a manhunt.
6.00 **Dr Jeff: Rocky Mountain Vet**



8.00 Dog Detectives

7.00 Treehouse Masters Pete Nelson installs a stainless steel kitchen in the treehouse for a family of sweet-makers.

8.00 Dog Detectives In Merseyside, PC Harris and his dog Kane attempt to track down the driver of a stolen car.

9.00 Alaska: The Last Frontier Otto, Jane and Shane transport a cabin to the distant and uninhabited Perl Island.

10.00 Alaskan Bush People With a storm predicted, the siblings rush to complete a project to capture and store water.

11.00 **Pit Bulls & Parolees** Tania and Earl set off to rescue an adopted dog that has turned up in a Mississippi shelter.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **D-Day Revealed: Drain the Oceans**
3.00 **Lost Ships of WW2**
4.00 **Destruction Decoded**
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend work on a 1978 Bedford HA ice-cream van.
6.00 **World War II: Secrets from Above** Stalin wages an offensive against Berlin.

8.00 Secret Nazi Science

7.00 Air Crash Investigation Investigating the disaster that saw First Air Flight 6560 slam into a hillside near Resolute Bay, Canada.

8.00 Secret Nazi Science New edition Investigating Nazi scientists' research into securing important weather data.

9.00 Nazi Megastructures Uncovering what is left of Hitler's sea-faring structures, which were built for world domination.

10.00 Hitler's Last Stand An American soldier crawls through a minefield to capture German machine gun nests.

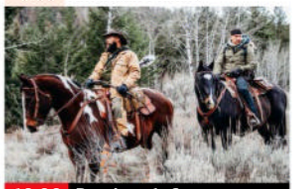
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler** Cocaine hidden in coffee bags.
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Death Coast** New edition The team search Scatarie Island for a lost fortune.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Lost U-Boats of WWII**
5.00 **What on Earth?** A previously unknown ancient civilisation.
6.00 **American Pickers**



10.00 Deadman's Curse

7.00 Forged in Fire Recreating the Fairbairn Sykes fighting knife and forging the Japanese General Yamashita's gunto.

8.00 Digging for Britain Alice Roberts finds out about an excavation at Shakespeare's first theatre in Shoreditch.

9.00 Death Coast Jeff MacKinnon's team battle brutal currents searching Scatarie Island for the Feversham's lost fortune.

10.00 Deadman's Curse New edition Legend hunter Adam Palmer addresses the legend of the lost Spanish mound.

11.00 **What on Earth?** New proof may lead to the discovery of an unknown ancient civilisation in the Amazon rainforest.
12.00 M'T **Close Encounters**
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **Forged in Fire**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **World War Weird** How swarms of fleas were used to infect a city with the plague.
6.00 **Antiques Roadshow** Items in Port Sunlight include part of an Apollo spaceship.

9.00 Operation Arctic

7.00 Caribbean with Simon Reeve Simon begins the last leg of his journey in Nicaragua and visits the Rama-Kriol people.

8.00 Secret Nazi Bases New edition In East Prussia, a Nazi complex becomes the nerve centre of Hitler's empire.

9.00 Operation Arctic Documentary exploring the impact that environmental changes are having on polar bears.

10.00 Bangers & Cash Paul Mathewson collects a cherished 1924 Rover 9 that's been in the same family since the 1950s.

11.00 **Bangers & Cash** Paul hits the road to collect an old navy ambulance that served its time as a holiday camper.
12.00 M'T **Abandoned Engineering**
1.00 AM **Caribbean with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Wednesday

7 PM

8 PM

9 PM

10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Dominic Chinea takes on the restoration of a wooden carousel horse.
8.00 **The Yorkshire Auction House** Angus Ashworth clears out a collection of vintage telephones. **9.00** Angus clears a collection from the home of a legendary musician.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **American Detective with Lt Joe Kenda**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 NEW SERIES **911: Did the Killer Call?**
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Crystal Houston.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
7.00 PM **Forensic Factor** The 1996 Summer Olympics are rocked by a massive pipe bomb explosion.
8.00 **Millionaire Murders** A woman is found dead in her family pool.
9.00 **Shocking Crimes: Murder Book** Police hatch an elaborate scheme to catch the killers of a shop clerk.
10.00 **It Takes a Killer** A woman's dream leads cops to a body hidden in bushes on a beach. **10.30** A serial killer leaves a trail of dead bodies across California.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** DNA testing on blood spatters helps to solve a murder case. **4.30** A mother takes the case of her murdered daughter into her own hands. **5.00** A mother and daughter vanish whilst out on a shopping trip. **5.30** The disappearance of singer Walter Scott. **6.00** The story of a woman who was raped and murdered in a pizza restaurant. **6.30** An attack on two boys during a fishing trip.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Documentary.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **The Man Who Destroyed Oscar Wilde**
9.45 **Lincoln: Divided We...**
10.40 **WWII: Operation Barbarossa**
11.55 **The Man Who...**
1.00 PM **D-Day Remembered: Minute by Minute** Documentary.
2.00 **The Man Who Destroyed Oscar Wilde**
3.05 **Lincoln: Divided We...**
4.00 **WWII: Operation...**
5.15 **D-Day Remembered: Minute by Minute**
6.15 **The Man Who Destroyed Oscar Wilde**
7.20 **Lincoln: Divided We Stand** Documentary.
8.15 NEW SERIES **WWII: Operation Barbarossa**
9.25 **D-Day Remembered...**
10.25 **Lincoln: Divided We...**
11.25 **Grand Tours of the...**
12.00 M'T **WWII: Operation...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Alan Rickman**
8.00 **The Directors** Antoine Fuqua.
9.00 **McMillion$** Documentary.
10.00 **Chimp Crazy** As 7.00pm.
11.00 **Escobar by Escobar**
12.00 NOON **Tina** A celebration of Tina Turner's life and career.
2.15 PM **QPR: The Four Year Plan**
4.00 **Discovering: Alan Rickman**
5.00 **The Directors** Antoine Fuqua.
6.00 **McMillion$** An insider reveals the details of the scam.
7.00 **Chimp Crazy** Alan Cumming doubles the reward for news of Tonka's whereabouts.
8.00 **Escobar by Escobar** Exploring the story behind the cursed Escobar empire.
9.00 **Chernobyl: The Lost Tapes** Footage and witness accounts of the 1986 nuclear disaster.
11.00 **Flight 149: Hostage of War**
12.50 AM **Mr Dynamite: The Rise of James Brown** Documentary.
3.00 **King in the Wilderness**
5.00 **to 6.00** AM **Discovering: Alan Rickman**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **A Cheetah's Pride**
7.00 **Monkey Life** Double bill.
8.00 **Becoming Orangutan**
9.00 **Macro Worlds**
10.00 **Wild Sky** Documentary.
11.00 **Wildlife ER**
12.00 NOON **Life's Journey**
1.00 PM **Monkey Life**
2.00 **Becoming Orangutan**
3.00 **Macro Worlds**
4.00 **Wild Sky** Documentary.
5.00 **Wild Battlegrounds**
6.00 **Life's Journey**
7.00 **Monkey Life** Double bill.
8.00 **Shark with Steve Backshall**
9.00 **Kingdom of the Tide** The creatures living in the realm between ocean and land.
10.00 **Life's Journey** The obstacles animals have to overcome.
11.00 **Wild Battlegrounds**
12.00 M'T **Wildlife ER**
1.00 AM **Shark Squad**
2.00 **Great Barrier Reef with David Attenborough**
3.00 **Kingdom of the Tide**
4.00 **Becoming Orangutan**
5.00 **to 6.00** AM **Macro Worlds**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Britain's Secret Islands**
9.00 **Ancient Superstructures**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Lost Relic Hunters**
7.00 **What on Earth?** Russia's tectonic terror weapon and jungle guerrillas on the warpath.
8.00 **The UnXplained with William Shatner** Tales of creatures lurking in the shadows. **9.00** Sacred waters with remarkable healing powers.
10.00 **Secrets in the Ice** Cosmic rays in Antarctica have experts stumped.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Mayhem! The Secret Lives of the Georgian Kings**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Dead West**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** Rosie Darbyshire.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain** Elliott Turner.
3.00 **Murdertown** True-crime.
4.00 **Murder Detective**
5.00 **Killed Without a Trace**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes** Documentary.
8.00 **Murder by Medic**
9.00 **Accused: Did I Do It?** New edition True-crime.
10.00 **Secrets of the Bunny Ranch** New edition Documentary.
11.00 **Secrets of Polygamy**
12.00 M'T **Murder by Medic**
1.00 AM **Secrets of the Bunny...**
2.00 **Accused: Did I Do It?**
3.00 **Criminal Confessions**
4.00 **Killer Britain** Elliott Turner.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Jaws Invasion**
3.00 **Extraordinary Australia**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Keepers try to find out why a Muntjac deer is suffering from seizures.
8.00 **Out There With Jack Randall** Encountering five of the most venomous snakes in the world.
9.00 **Legends of Venom** Following the fastest, longest venomous snakes in Africa, the mamba.
10.00 **Alaska: The Next Generation** Exploring new territory.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Day After D-Day**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Paranormal activity at Lake Superior.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Day After D-Day** Survivors of the Normandy invasion recall their experiences.
9.00 **Secrets Underground** Investigating subterranean secrets from around the world.
10.00 **How Do They Do It?** Creating giant floating power stations. **10.40** How coloured crayons used by children are created.
11.00 **Savage Builds**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Expedition with Steve Backshall** Eight editions.
5.00 PM **Expedition with Steve Backshall** Steve and a team of kayakers go to the Himalayas. **6.00** The team venture into the heart of Suriname.
7.00 **Expedition with Steve Backshall** Steve and a team of rock climbers attempt a steep ascent in southern Oman. **8.00** Steve and the team battle through the jungle into the heart of Indonesian Borneo. **9.00** The naturalist ventures into uncharted territory in pursuit of new discoveries. **10.00** The naturalist leads an expedition into an unexplored desert canyon in the Jebel Akhdar mountain range.
11.00 **Louis Theroux's Weird Weekends: Christmas Special** Louis meets some strange and colourful characters on his way to Christmas dinner in America.
12.20 **to 6.00** AM **Expedition with Steve Backshall**

+1 hour 266 376

ID

154 141 166

8.00 AM **Obsession: Dark Desires**
9.00 **Evil Stepmothers**
11.00 **The Killer Beside Me**
1.00 PM **American Monster**
3.00 **Six Degrees of Murder**
5.00 **Never Say Goodbye**
7.00 **On the Case with Paula Zahn** A mother vanishes leaving behind nothing but puzzling clues and disturbing questions.
9.00 **Road Rage** New editions A man points a gun at a young woman after she cuts him off. **9.30** A light collision leads to a confrontation with a knife-wielding man, and a motorcycle group ride becomes dangerous.
10.00 **Exposed: Naked Crimes** New editions An offender bares all during a bus hijacking. **10.30** Nude lawbreakers include a shooter on a bridge.
11.00 **Good Cop, Bad Cop**
12.00 M'T **Pandora's Box: Unleashing Evil** Double bill.
2.00 AM **Never Say Goodbye**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers** Double bill.
9.00 **Texas Metal** A Rolls-Royce.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A Rolls-Royce.
4.00 **Custom Carolina**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** A Corvette aficionado trusts Tommy to put his spin on a '67 Chevy Corvette.
9.00 **Richard Hammond's Workshop** Richard's team work overtime to complete a big restoration.
10.00 **Texas Metal** A 1972 'Cuda.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Sloth Lane** (2024)
7.35 **I Don't Understand You**
9.20 **William Tell** As 5.25am.
11.35 **Kraven the Hunter** (2024)
1.50 PM **Rumours** As 10.15pm.
3.40 **Wicked** Musical fantasy adventure starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★
6.20 **The Sloth Lane** Animated adventure featuring the voices of Leslie Jones and Remy Hii. (2024, PG, 90min)

8.00 Kraven the Hunter

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Rumours Comedy horror starring Cate Blanchett. The leaders of seven wealthy democracies get lost in the woods while drafting a statement on a global crisis. (2024, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
2.00 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
3.40 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.25 **to 7.40** AM **William Tell** Drama starring Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.50 AM **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
8.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
11.10 **Jack Reacher: Never Go Back** Thriller sequel. (2016, 12) ★★★
1.20 PM **Baby Driver** Thriller. (2017, 15, 113min) ★★★★
3.25 **Beetlejuice Beetlejuice** Comedy. (2024, 12) ★★★★
5.25 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2023, 15, 148min) ★★★★

10.10 Riddick

8.00 Mad Max: Fury Road Sci-fi thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Riddick Thriller sequel starring Vin Diesel. Space fugitive Riddick combats bounty hunters and fearsome monsters on a desert planet. With Jordi Mollà and Matt Nable. (2013, 15, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Sum of All Fears** Thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
2.40 **The Punisher** Action thriller. (2004, 18, 123min) ★★★
4.45 **to 6.45** AM **Madame Web** Fantasy with Dakota Johnson. (2024, 12, 116min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **Miranda's Victim** (2023)
9.50 **Oslo** As shown at 3.05am.
11.55 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
1.50 PM **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
4.10 **Mascarpone** Italian drama with Giancarlo Commare. Subtitled. (2021, 15, 101min) ★★★
6.05 **Save the Cinema** Drama starring Samantha Morton, Tom Felton and Jonathan Pryce. (2021, 12, 109min) ★★★
8.00 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt, Anthony Hopkins and Claire Forlani. Death comes to Earth and experiences love after giving a temporary reprieve to a media tycoon. With Jake Weber. (1998, 12, 181min) ★★★★
11.05 **Miranda's Victim** Drama. (2023, 15, 127min) ★★★
1.20 AM **Lost in Translation** Comedy drama starring Bill Murray. (2003, 15, 102min) ★★★★★
3.05 **Oslo** Fact-based drama. (2021, 15, 118min) ★★★
5.10 **Sky Cinema Preview**
5.50 **to 7.40** AM **L'immensità** Family drama. (2022, 12, 99min) ★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **I.S.S** As shown at 1.35am.
8.40 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
10.25 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
12.15 PM **Five Nights at Freddy's** Horror with Josh Hutcherson. (2023, 15, 109min) ★★
2.10 **The Meg** Action thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★
4.10 **Arrival** Drama with Amy Adams. (2016, 12, 116min) ★★★★★
6.15 **Men in Black** Action comedy starring Tommy Lee Jones. (1997, PG, 94min) ★★★★
8.00 **Stargate** Adventure starring Kurt Russell and James Spader. (1994, PG, 125min) ★★★★
10.10 **Event Horizon** Sci-fi horror starring Laurence Fishburne. The crew of a recovery vessel encounter an evil presence on board a deserted spacecraft. (1997, 18, 96min) ★★★
11.50 **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
1.35 AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★
3.20 **Upgrade** Sci-fi action thriller. (2018, 15, 100min) ★★★★
5.05 **to 6.40** AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.00 AM **Lego DC Comics Super Heroes: The Flash** As 3.55am.
7.35 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★
8.40 **The Lego Movie 2**
10.40 **Harold and the Purple Crayon**
12.25 PM **The NeverEnding Story**
2.15 **Robin and the Hoods** Comedy. (2024, PG, 101 min) ★★
4.00 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
5.50 **Spy Kids** (2001, U) ★★★★

5.50 Spy Kids

7.30 **Spy Kids 2: Island of Lost Dreams** Comedy sequel starring Alexa Vega and Daryl Sabara. (2002, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Spy Kids 3: Game Over** Sci-fi adventure sequel starring Daryl Sabara. A teen agent gets caught inside a video game. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

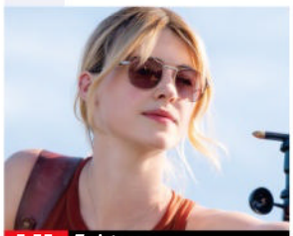
10.40 **The NeverEnding Story** Fantasy adventure starring Barret Oliver. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Zathura: A Space Adventure** As 4.00pm.
2.05 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
3.55 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.10 AM **The Legend of Zorro**
8.25 **Once Upon a Time in Mexico** Thriller. (2003, 15) ★★★
10.10 **The Italian Job** Crime thriller. (2003, 12, 110min) ★★★
12.05 PM **Bad Boys for Life** Thriller sequel. (2020, 15) ★★★
2.10 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
4.00 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
5.55 **Twisters** Disaster sequel. (2024, 12, 122min) ★★★★


5.55 Twisters

8.00 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy, Chris Hemsworth and Tom Burke. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union and Joe Pantoliano. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Killer** Action thriller starring Nathalie Emmanuel. (2024, 15, 125min) ★★★★
3.10 **The Warriors** Crime thriller. (1979, 15, 94min) ★★★
4.50 **to 6.40** AM **Hancock** Fantasy. (2008, 12, 92min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Wimbledon** (2004) ★★★
7.45 **Blades of Glory** (2007) ★★★
9.35 **The Naked Gun** Thriller. (1988, 15, 85min) ★★★★
11.15 **The Naked Gun 2½: The Smell of Fear** As 6.20pm.
12.55 PM **The Naked Gun 33⅓: Final Insult** (1994, 12) ★★★
2.35 **Beverly Hills Cop 3** Comedy sequel. (1994, 15, 104min) ★★
4.35 **Sausage Party** (2016) ★★★
6.20 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★

6.20 The Naked Gun 2½

8.00 **You've Got Mail** Romantic comedy starring Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are email lovers in cyberspace. With Parker Posey and Greg Kinnear. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dinner for Schmucks** Comedy with Steve Carell. A corporate climber tries to get ahead by bringing a dumb acquaintance to amuse his boss. (2010, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Snack Shack** Comedy. (2023, 15, 107min) ★★★
2.15 **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★
3.55 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
5.40 **to 7.30** AM **Bowfinger** Comedy starring Steve Martin. (1999, 12, 97min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.20 AM **Kill** (2023, 15) ★★★
9.05 **Barbarians** As 6.15pm.
10.45 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
1.20 PM **Angels & Demons** Mystery thriller starring Tom Hanks. (2009, 12, 138min) ★★
3.50 **The Island** Sci-fi action thriller starring Ewan McGregor. (2005, 12, 136min) ★★★
6.15 **Barbarians** Thriller starring Tom Cullen and Iwan Rheon. (2021, 15, 89min) ★★★

8.00 Inferno

8.00 **Inferno** Thriller starring Tom Hanks and Felicity Jones. While suffering from amnesia, Professor Robert Langdon attempts to stop a lethal virus from killing millions. With Sidse Babett Knudsen. (2016, 12, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Italian Job** Crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a massive bullion robbery in Turin. (1969, PG, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
1.40 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
3.25 **Against All Odds** Thriller. (1984, 18, 116min) ★★
5.30 **The Cinema List**
5.50 **to 7.35** AM **Ruthless** Thriller. (2023, 15, 92min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
12.55 PM **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
3.05 **Pool of London** Police thriller. (1950, b/w, PG, 85min) ★★
4.50 **Daleks – Invasion Earth 2150 AD** Adventure spin-off. (1966, U, 80min) ★★
6.35 **Star Trek** Adventure prequel. (2009, 12, 127min) ★★★★

9.00 Where the Crawdads Sing

Star Trek (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **PREMIERE** **Broker** South Korean comedy starring Song Kang-ho. After abandoning her child, a woman is drawn into the world of people trafficking. (2022, 12, 129min) ★★★★ *See review, page 23.*
2.00 **to 3.55** AM **One for the Road** Comedy starring Hywel Bennett and Gregory Chisholm. (2003, 18, 96min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.40 AM **Kick-Ass 2** Action thriller sequel. (2013, 15, 99min) ★★★
8.35 **Man of Steel** Fantasy adventure. (2013, 12, 143min) ★★★
11.00 **Wonder Woman** Adventure. (2017, 12, 121min) ★★★★
1.25 PM **Justice League** Fantasy. (2017, 12, 120min) ★★
3.30 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
5.40 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★
8.00 **Aquaman** Action adventure starring Jason Momoa, Nicole Kidman and Willem Dafoe. (2018, 12, 143min) ★★★
10.25 **Aquaman and the Lost Kingdom** Fantasy adventure sequel starring Jason Momoa and Yahya Abdul-Mateen II. The King of Atlantis sets out to defeat a ruthless mercenary. (2023, 12, 124min) ★★★
12.35 AM **Indiana Jones and the Last Crusade** As shown at 3.30pm.
2.45 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
4.40 **The Cinema List: Jurassic**
5.05 **to 6.50** AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Wayne's World** As 1.20am.
8.05 **Wayne's World 2** As 3.05am.
9.45 **The Great Gatsby** Romantic drama. (1974, 12, 146min) ★★★
12.15 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.15 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
4.30 **The Money Pit** Romantic comedy starring Tom Hanks. (1985, 15, 91min) ★★★
6.15 **Brewster's Millions** Comedy starring Richard Pryor. (1985, PG, 97min) ★★★
8.00 **Dumb and Dumber** Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends embark on a frantic cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
10.00 **The Golden Child** Fantasy adventure with Eddie Murphy, Charlotte Lewis and Charles Dance. (1986, PG, 93min) ★★
11.40 **The Money Pit** As 4.30pm.
1.20 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
3.05 **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
4.55 **to 7.25** AM **Funny Girl** Musical. (1968, U, 169min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Open Season 3** Animated sequel. (2010, U, 74min) ★★
7.50 **Smallfoot** (2018, U) ★★★
9.35 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
11.20 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
12.55 PM **Transformers One** Animated sci-fi adventure. (2024, PG, 104min) ★★★★
2.45 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
4.00 **Madagascar 3: Europe's Most Wanted** (2012, PG) ★★★★
5.40 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.15 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
9.05 **Barnyard** Animated comedy. (2006, PG, 90min) ★
10.45 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
12.20 AM **Madagascar 3: Europe's Most Wanted** As 4.00pm.
2.00 **The Swan Princess: The Secret of the Castle** (1997)
3.20 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
4.55 **to 6.35** AM **Curious George** Animation. (2006, U) ★★★★

Movies 24

312 313 419

7.00 AM **Ghosts of Christmas Always** Comedy starring Kim Matula. (2022, PG, 90min) ★★
9.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
11.00 **The Mistletoe Secret** Romantic drama. (2019, PG, 83min) ★★
1.00 PM **Christmas Stars** Romantic comedy starring Erica Durance. (2019, PG, 88min) ★★
3.00 **A Very Merry Mix Up** Romantic comedy. (2023, PG, 90min) ★★
5.00 **A Perfect Christmas Carol** Romantic drama with Stephanie Bennett. (2023, PG, 90min) ★★
7.00 **The Christmas Quest** Festive drama. (2024, PG, 90min) ★★
9.00 **Magic in Mistletoe Country** Romantic drama starring Paul Campbell. A bad-tempered author returns to his home town for Christmas, where love blossoms with his publicist. (2023, PG, 90min) ★★
11.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
1.00 AM **Holiday Heritage** Festive drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Deck the Walls** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **Undercover Girl** Crime thriller. (1957, b/w, PG, 68min) ★★
8.25 **The Green Cockatoo** Drama. (1937, b/w, U, 65min) ★★
9.45 **The Small Back Room** World War Two drama. (1948, b/w, PG, 106min) ★★★★
11.55 **Commandos Strike at Dawn** Drama starring Paul Muni. (1943, b/w, PG, 100min) ★★
1.55 PM **The Brothers** 7/13. (S5)
3.00 **Look at Life** Documentary.
3.10 **The Big Bluff** Crime thriller. (1955, b/w, PG, 71min) ★★
4.40 **Cottage to Let** Comedy thriller. (1941, b/w, U, 90min) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 6/13. (S1)
8.05 **Van der Valk** 4/6. (S1)
9.05 **Maigret** 1/6. (S13)
10.55 **Sex (Re)education** (S1)
11.35 **Man in the Attic** Crime thriller starring Jack Palance. (1953, b/w, PG, 82min) ★★
1.15 AM **The Siege of Sidney Street** Drama starring Donald Sinden. (1960, b/w, PG, 92min) ★★
3.10 **Casbah** Romantic musical. (1948, b/w, PG, 94min) ★★
4.50 **Tell Me Another**
5.25 **to 6.00** AM **Churchill's Secret Army**

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Coverage from day four of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both are hard-court tournaments.
10.30 LIVE **Premier League Summer Series West Ham United v Everton.** Coverage of the pre-season match staged at Soldier Field in Chicago, as they play their second game of the competition. Both league meetings between the two sides last season ended in draws, with the first match ending in a drab 0-0 draw. Kick-off **11.30pm**.
1.30 AM LIVE **Premier League Summer Series Manchester United v Bournemouth.** Coverage of the pre-season match from Soldier Field in Chicago, as both sides play their second game of the tournament. Kick-off **2.30am**.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **SNF** Ipswich v Manchester City.
7.30 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** From 2018.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights**
7.00 **Premier League Stories**
7.30 **Transfer 360** Edwin van der Sar.
8.00 **Gary Neville's Soccerbox**
8.30 **Premier League Stories**
9.00 **Transfer 360** Edwin van der Sar.
9.30 **Premier League Summer Series** Everton v Bournemouth.
10.30 LIVE **Premier League Summer Series West Ham United v Everton.** Pre-season match from Soldier Field. Kick-off is at **11.30pm**.
1.30 AM LIVE **Premier League Summer Series Manchester United v Bournemouth.** Coverage of the pre-season match from Soldier Field. Kick-off is at **2.30am**.
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL: Old Firm Derby Best Goals** Celtic and Rangers.
6.30 **SPFL: Edinburgh Derby Best Goals** Hearts and Hibs.
7.00 **Craig Brown: My Scotland**
7.30 **There's Only One Sauzee**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **EFL** Play-off action.
3.00 PM **EFL Greatest Games**
4.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
4.30 **EFL** A round-up of the best goals from the 2017/18 season.
5.00 **Championship Season Review**
6.00 **EFL Highlights** Recent action.
8.00 **EFL** Sheffield v Sunderland.
9.00 **Championship Season Review** A look back at the 2023/24 EFL Championship season.
10.30 **EFL Greatest Games**
12.00 M'T **EFL Highlights** Leeds United v Southampton in this year's Championship play-off final.
1.00 AM **EFL** Bolton v Oxford.
2.00 **EFL Highlights**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of England v India** Archive cricket action.
7.00 **Women's One-Day International Cricket** England v India: Highlights from three one-day internationals.
10.00 **Test Cricket** England v India: Action from the fourth Test at Old Trafford, Manchester.
3.00 PM **Women's One-Day International Cricket** England v India: The three-match series.
6.00 **Test Cricket** England v India: Highlights of the fourth Test from Old Trafford, Manchester.
11.00 **Women's One-Day International Cricket** England v India: Action from the first ODI in the three-match series at the Rose Bowl, Southampton.
12.00 M'T England v India: Highlights of the second ODI in the three-match series at Lord's.
1.00 AM England v India: Highlights of the third ODI in the three-match series staged at Banks Homes Riverside in Chester-le-Street, County Durham.
2.00 AM **Best of England v India**
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Hall or Nothing: Georgia's Story** Georgia Hall's journey.
7.00 **Ladies European Tour Golf**
8.00 **AIG Women's Open Official Film** From 2021, 2022 & 2024.
11.00 **Ladies European Tour Golf**
12.00 NOON **LPGA Tour Golf**
1.00 PM **US Women's Open Golf**
2.00 **Women's PGA Championship**
3.00 **LPGA Tour Golf** Day four of the Amundi Evian Championship.
4.00 **Women's Golf** Highlights.
5.00 **On the Road with Iona Stephen**
6.00 **Ladies European Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **Women's Golf** A look ahead to the AIG Open Championship.
8.30 **On the Road with Iona Stephen**
9.30 **Countdown to the 2025 Ryder Cup** A look ahead.
10.00 **Women's Golf** Highlights.
11.00 **On the Road with Iona Stephen**
12.00 M'T **Countdown to the 2025 Ryder Cup** A look ahead.
12.30 AM **PGA Tour: The Cut**
1.00 **AIG Women's Open Official Film 2024**
2.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Women**
7.00 **British Superbikes Highlights**
8.00 **Tour de France Men Highlights**
9.00 **Tour de France Women**
10.00 **Motocross World Championship** Highlights.
1.00 PM **Tour de France Women** Action from the fourth stage.
2.00 LIVE **Tour de France Women** Coverage of the fifth stage of the race, a 165.8km route from Chasseneuil-du-Poitou Futuroscope to Guéret.
5.15 **The Gruppetto**
5.30 **MLB Plays of the Week**
6.00 LIVE **MLB Detroit Tigers v Arizona Diamonbacks.** Coverage of the inter-league match staged at Comerica Park. Start-time is at **6.10pm**.
9.15 **Superbike Rewind**
9.30 **British Superbikes Rewind** Action from Brands Hatch.
9.45 **Unbreakable: England 2003**
11.00 **ABB FIA Formula E World Championship Highlights**
1.00 AM **Test Cricket Highlights**
2.00 **Discovery Golf**
2.30 **UTMB World Series Highlights**
3.30 **Tour de France Women**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League Road to Glory**
7.00 LIVE **Shanghai Masters Snooker** Coverage of the third session from the second round of the tournament staged at Luwan Gymnasium in Shanghai, China.
10.30 **The WRC Magazine**
11.00 **Porsche Supercup**
12.00 NOON **British Superbikes Rewind** From Brands Hatch.
12.15 PM **TNT Sports Cricket Reload**
12.30 LIVE **Shanghai Masters Snooker** Coverage of the fourth session from the second round of the tournament staged at Luwan Gymnasium in Shanghai, China.
4.00 **MLB Highlights** Baseball action.
5.00 **UTMB World Series Highlights**
6.00 **TNT Sports Reload**
6.30 **Spirit of Yachting**
7.00 **Discovery Golf**
7.30 **Ultimate Pool** The Pairs Cup.
9.00 LIVE **MLB San Diego Padres v New York Mets.** Coverage of the National League match from Petco Park. Start-time **9.10pm**.
12.15 AM **MLB Plays of the Week**
12.45 **UFC Reloaded**
5.00 **to 6.00** AM **UTMB World Series Highlights**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **Lions Legends**
7.00 **British and Irish Lions Tour**
10.00 **Lions Legends**
11.00 **British and Irish Lions Tour** Highlights of New Zealand v British & Irish Lions from 2017.
2.00 PM **Lions Legends** Welsh backs from 1971 and 1974.
2.30 A profile of Mervyn Davies.
2.45 A profile of Martin Johnson.
3.00 A profile of Mervyn Davies.
3.15 A profile of Martin Johnson.
3.30 A profile of the Welsh backs from 1971 and 1974.
4.00 **British and Irish Lions Tour** South Africa v British & Irish Lions: Highlights of the Test in the 2021 series, which took place at Cape Town Stadium.
7.00 **British and Irish Lions Tour** International rugby union action.
10.00 **British and Irish Lions Tour** New Zealand v British & Irish Lions: Highlights of the Test in a three-match series from 2017.
1.00 AM **British and Irish Lions Tour** South Africa v British & Irish Lions: Highlights of the 2021 Test from Cape Town Stadium.
4.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Bristol City v Sheffield United.
6.30 Play-off action from Coventry City v Sunderland at Coventry Building Society Arena.
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Coverage from day four of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments. Only two matches in the men's competition went to a third set at this stage 12 months ago, as fourth seed Hubert Hurkacz beat Thanasi Kokkinakis 4-6, 6-3, 7-6, and sixth seed Casper Ruud triumphed 6-2, 6-7, 6-3 over James Duckworth. Meanwhile, in the women's event, Great Britain's Katie Boulter progressed to the third round after only completing two games of her match, as Beatriz Haddad Maia had to withdraw because of injury.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA Tennis** Highlights of the Prague Open final in Czechia.
7.00 **ATP Tennis** Highlights of the Croatia Open final in Umag.
8.00 **WTA & ATP Tennis** Action from day three of the Canadian Open.
4.00 PM LIVE **WTA & ATP Tennis** Coverage from day four of the Canadian Open, the ATP 1000 event staged in Toronto and the WTA 1000 event taking place in Montreal, both of which are hard-court tournaments.
4.00 AM **Mirra Andreeva Podcast 2024** Answering 10 questions.
4.15 **Bitesize Tennis** Highlights.
4.30 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA & ATP Tennis**
9.00 **Women's PGA Championship**
10.00 **Ladies European Tour Golf**
11.00 **PGA Tour Golf**
12.00 NOON **WTA Tennis**
1.00 PM **Good Morning Football**
3.00 **Women's One-Day International Cricket** Highlights from England v India.
6.00 **NBC's Pro-Football Talk**
8.00 **WTA Tennis** The Prague Open from TK Sparta Prague in Czechia.
9.00 **ATP Tennis** The Croatia Open.
10.00 **Formula 1** Belgian Grand Prix.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's One-Day International Cricket**
2.00 **Best of England v India**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **The WRC Magazine**
6.30 **Test Cricket Highlights**
8.30 LIVE **Test Cricket Zimbabwe v New Zealand.** Coverage of the first day of the first Test in the two-match series from Queens Sports Club, Bulawayo.
5.00 PM **International T20 Cricket Highlights** West Indies v Australia.
6.00 **WNBA** Action from Connecticut Sun v Golden State Valkyries.
7.00 **Porsche Supercup** Action from the Belgian Grand Prix.
8.00 **Tour de France** Action from the fifth stage of the women's race.
9.00 **Shanghai Masters Snooker** The third day of the tournament.
11.00 **Fishing: On the Bank**
12.00 M'T **Tour de France Highlights**
1.00 AM **Motocross World Championship** Czech Republic.
4.00 **International T20 Cricket Highlights** West Indies v Australia.
5.00 **to 6.00** AM **Test Cricket Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League**
12.00 NOON **Premier League** Aston Villa v Liverpool.
1.30 PM Nottingham Forest v Manchester United.
3.00 Everton v Arsenal.
4.30 Action from Manchester City v Crystal Palace.
6.00 **Premier League Stories**
6.30 **British Superbikes Highlights** Action from the fifth round of the season at Brands Hatch in Kent.
7.30 **The WRC Magazine** Action from the 2025 World Rally Championship and Rally Finland.
8.00 **Premier League Review** Taking a look back at action from the 2024/25 season.
12.00 M'T **Porsche Supercup**
1.00 AM **British Superbikes Highlights** From Brands Hatch.
2.00 **Shanghai Masters Snooker**
4.00 **to 6.00** AM **ABB FIA Formula E World Championship Highlights**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Transworld Sport** Magazine.
8.00 **PSA Squash Highlights**
9.00 **LaLiga** Spanish football action.
12.00 NOON **FIM Sidecarcross**
1.00 PM **LaLiga Specials**
1.30 **Transworld Sport** Magazine.
2.30 **MotorSport** Valentino Rossi.
3.00 **NASCAR Highlights**
4.00 **Football's Greatest**
4.30 **LaLiga Specials**
5.25 **Football's Greatest**
5.55 LIVE **Pre-Season Football VfL Wolfsburg v Espanyol.** From AOK Stadion. Kick-off **6pm**.
8.00 **MotorSport** Valentino Rossi.
8.30 **World Surf League**
9.30 **FIM Sidecarcross**
10.30 **MotorSport** Valentino Rossi.
11.00 **NASCAR Highlights**
12.00 M'T **LaLiga** Archive action.
2.00 AM **Transworld Sport** Magazine.
3.00 **FIM Sidecarcross**
4.00 **British Minibikes**
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **MotorSport** Le Mans Classic.
9.30 **LaLiga Specials** From 2023/24.
10.30 **FastZone** Motorsports highlights.
11.00 **NASCAR Trucks** Indianapolis.
2.00 PM **CONCACAF Gold Cup** USA v Guatemala in the first semi-final.
4.00 Action from the 2025 final.
5.55 **Temples of Sport**
6.55 **LaLiga Specials** The top scorer in the 2024/25 season.
7.25 LIVE **Pre-Season Football Wolverhampton Wanderers v Lens.** Coverage of the friendly match from Pallet-Track Bescot Stadium. Kick-off is at **7.30pm**.
9.30 **Football's Greatest** The finest players discuss their careers.
10.00 **LaLiga Specials** How the promoted teams fared.
11.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
1.00 AM **NHL: This is Hockey**
1.30 **Scottish Cup Football**
4.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** The Hungarian Grand Prix from 2017 to 2021.
11.00 **Ferrari Challenge Europe**
12.00 NOON **Formula 1**
2.15 PM **Ted's Notebook**
2.45 **Brad Pitt Drives a McLaren F1 Car** At the Circuit of The Americas.
3.00 **Formula 2 Championship**
4.20 **An Interview with Joe Kosinski**
4.30 **Formula 3 Championship**
5.45 **Mavericks in F1**
5.55 **Formula 1** British Grand Prix.
6.00 **F1 Classic Races** Archive action.
10.50 **Brad Pitt Hot Laps with Lando & Martin**
11.00 **Formula 1** Highlights from 2024.
12.00 M'T **Indycar** Recent highlights.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

31 July

Evening Planner

Cricket

England v India
Sky Sports Main Event & Sky Sports Cricket, play starts 11am
Coverage of the fifth and final Test from the Oval in London. Continues to Monday.

Golf

Women's Open Championship
Sky Sports Golf, from 12noon
America's Nelly Korda is one to watch as the Major tees off at Royal Porthcawl.

Crime Drama

The Gone
BBC2, 9pm (box set, BBC iPlayer)
Irish detective Theo Richter (Richard Flood) postpones his plans to return home after a journalist goes missing.

Documentary

Queen Victoria: Secret Marriage, Secret Child
C4, 9pm
Historian Dr Fern Riddell and Rob Rinder investigate a theory about the monarch.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den		9.00 Destination X		10.00 News; Local News	
	102 BBC2	7.00 Today at the Test		8.00 Saving Lives at Sea		9.00 The Gone		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tom Kerridge...	9.00 Who Wants to Be a Millionaire?... †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 Queen Victoria: Secret Marriage, Secret Child?		10.15 Gogglebox	
	105 5	7.00 The High Street Shops We Loved & Lost		8.00 The Hotel Inspector		9.00 Child Snatcher 3: Who Took Lynda & Dawn?			
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs Heavy Metal		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Scam Land: Money, Mayhem and...		10.00 Ladhood	
	116 BBC4	7.00 Film: Back to the Future			8.50 Film: Funny Girl				
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Botched	
	136 MORE4	◂ 6.55 The Dog House New Zealand	7.55 The Dog House			9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	◂ 6.45 Six Feet Under	7.50 House of the Dragon			9.00 The Gilded Age		10.10 Big Little Lies	
	110 U&GOLD	◂ 6.55 Dad's Army	7.35 Still Open All Hours	8.10 The Vicar of Dibley				10.00 The Royle Family	10.40 Last...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	◂ 5.30 Racing: Racing League – Live: Coverage from Wovlerhampton				9.00 Film: Speed 2: Cruise Control			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges: A Whole Different Story		10.00 South Park	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 Westworld	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Heavy Metal		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Bookish			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Jeff Bridges		9.00 The Directors		10.00 Classic Movies: The Story of The Dam...	
	132 U&W	7.00 Inside the Ambulance		8.00 One Born Every Minute		9.00 One Born: Twins and Triplets		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 How to Survive a Shark Attack		10.00 In the Eye of the Storm: Shark Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alien Corridors	
	155 U&YESTERDAY	7.00 Greece with Simon Reeve		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Chimp Crazy		8.00 Escobar by Escobar		9.00 Lancaster			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 Rumours		8.00 Kraven the Hunter				10.15 William Tell	
	302 FAVOURITES	◂ 6.00 300		8.00 300: Rise of an Empire				10.00 Gladiator II	
	303 ANTI HEROES	◂ 5.55 Mad Max: Fury Road		8.00 Venom: The Last Dance			9.55 GoodFellas		
	304 GREATS	◂ 6.15 See No Evil, Hear No Evil		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	305 ANIMATION	◂ 5.55 The Lego Ninjago Movie	7.45 Piece By Piece				9.25 Curious George		
	306 SCHOOL'S OUT	◂ 5.35 The Tiger...	7.30 Journey to the Center of the Earth			9.20 Journey 2: The Mysterious Island			
	307 ACTION	◂ 5.40 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2				10.25 Hancock	
	308 COMEDY	◂ 6.25 The Naked Gun 33⅓: The Final Insult		8.00 Yesterday				10.05 Napoleon Dynamite	
	309 THRILLER	◂ 5.50 The Dry		8.00 Vertigo				10.20 Against All Odds	
	310 DRAMA	◂ 6.00 Footloose		8.00 Schindler's List					
	311 SCI-FI	◂ 6.25 The Purge		8.00 The First Purge			9.40 Terminator Salvation		
	313 FILM4	◂ 6.40 CutThroat Island				9.00 Top Gun: Maverick			
SPORT	401 MAIN EVENT	7.00 Tennis – Live: The Canadian Open							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Transfer 360	8.00 Premier League Summer Series				10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL Highlights				9.00 Championship Season Review			10.30 There's Only...
	404 CRICKET	7.00 Ashes Greats	7.30 Best of England v India			9.00 Test Cricket		10.00 Women's International One-Day...	
	410 TNT SPORTS 1	◂ 6.00 MLB – Live: New York Yankees v Tampa Bay Rays (Start-time 6.05pm)				9.15 MLB: Off the Bat	9.45 Spirit of Yachting	10.15 The Club That George Built	
	411 TNT SPORTS 2	◂ 6.00 World Rally Championship – Live		8.00 AFL			9.30 Race Bikes	10.00 UFC	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Wales, Buckinghamshire and London. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Restorer Peter falls in love with a rosewood coffee table. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz hosted by Alexander Armstrong and Rob Rinder. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Destination X

7 PM
7.00 **The One Show** Alex Jones presents the topical magazine show. (S)
7.30 **EastEnders** Patrick plays with fire, Eve demands some answers, while George gets a new job. (S)(AD)

8 PM
8.00 **Dragons' Den** New edition 9/14. Entrepreneurs pitch a motorcycle clothing brand, a matcha-based energy drink and a DIY tool that promises to provide measurements like no other. (S)

9 PM
9.00 **Destination X** New edition 2/10. Tonight, the intrepid players journey toward their next Destination X, crossing a border and reaching new heights in a series of nerve-wrecking and heart-stopping challenges. (S)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Spider-Man: No Way Home** Comic-book adventure sequel starring Tom Holland, Zendaya and Benedict Cumberbatch. With the web-slinger's identity now revealed to the world, Peter Parker asks Doctor Strange for magical help to undo the damage. However, a spell gone wrong unleashes dangerous foes from parallel universes on the world. (S)(AD) (2021, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Universe** Brian Cox explores a supermassive black hole. (S)(R)
5.15 **Flog It!** A look at some of the programme's best finds. (S)(R)
6.00 **Richard Osman's House of Games** With guests Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell. (S)(R)
6.30 **Rick Stein's Food Stories** Amid Belfast's buzzy food scene, Rick tucks into Filipino-style Sunday lunch, and on Northern Ireland's coast, he meets a chef. (S)(R)(AD)

8.00 Saving Lives at Sea

7 PM
7.00 **Today at the Test** England v India: Action from the first day of the fifth Test staged at The Oval. The last time these two sides met at this venue was in September 2021, when India won. (S)

8 PM
8.00 **NEW SERIES Saving Lives at Sea** Documentary following the story of the unpaid volunteers who sacrifice their free time to staff more than two hundred RNLI lifeboat stations across the UK. (S)(AD)

9 PM
9.00 **NEW SERIES The Gone** 1/6. Thriller with Richard Flood and Acushla-Tara Kupe. An Irish journalist's disappearance compels detective duo Theo Richter and Diana Huia to lead the search. (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **Inside No. 9** 5/6. A talented piano-tuner is forced to confront a centuries-old curse by the owners and servants of a large country house. (S9) (S)(R)
10.30 **Newsnight** (S)
11.00 **Golf: Women's Open Highlights** Round one of the final Major of the year from Royal Porthcawl. (S)
12.00 M'T **Sign Zone: Money for Nothing** Antique furniture has restorer Peter attempting the impossible. (S)(R)
1.00 AM **Sign Zone: The Moment of Proof** True-crime. (S)(R)(AD)
1.30 **Sign Zone: Heatwaves – The New Normal?** (S)(R)(AD)
2.00 **Sign Zone: Fake or Fortune?** (R)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat and lifestyle features. (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani introduce coverage of the third day of the festival, featuring the 3.05 Nassau Stakes and races at 1.20, 1.55, 2.30 and 3.45. With commentary from Richard Hoiles. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7 PM
7.30 **Emmerdale** Ross hears that John has some information on Robert, while Moira informs Cain the news about the break-in and Dylan refuses to open up. (S)(AD)

8 PM
8.30 **Tom Kerridge Cooks Spain** New edition The chef is on the road in Valencia as he visits the Genesis Wonder Park to try new varieties of citrus, and also visits Elche, where figs have been produced since Roman times. (S)(AD)

9 PM
9.00 **Who Wants to Be a Millionaire? Celebrity Special** The *Masked Dancer* host Joel Dommett and *Ninja Warrior UK* presenter Chris Kamara take up the challenge, hoping to win as much as £1 million for their chosen charities. (S)(R)

10 PM
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Skyfall** James Bond thriller starring Daniel Craig and Judi Dench. Agent 007 returns from the 'dead' when MI6 comes under attack and comes up against a ruthless villain with a grudge against M. With Javier Bardem and Judi Dench. (S)(AD) (2012, 12, 150min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.15 AM **Teleshopping**
3.00 **The Twelve** 2/10. The Crown calls Detective Sam Chedid to the stand. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Joanna Lumley's Danube** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 23-26/26. (S4) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 21-24/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Teacher Olivia and security officer Gethin renovate a drab and dated two-bed terrace. (S)(R)
5.00 **Chateau DIY** Stephanie and Gerry start a personal project using her late father's paintings. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** In Almería, Steve and Sharon Garner help a retired couple relocating from the UK. (S)(R)

9.00 Queen Victoria: Secret...

7 PM
7.00 **News** (S)

8 PM
8.00 **Supercruising: Life at Sea** New edition The MS *Nieuw Statendam*'s crew ready to set sail from Fort Lauderdale on a two-week voyage around the Caribbean, while cruise and travel director Clare prepares to get the party started. (S)(AD)

9 PM
9.00 **NEW Queen Victoria: Secret Marriage, Secret Child?** Rob Rinder interrogates Dr Fern Riddell's theory about the monarch's relationship with servant John Brown and the idea they may have produced a child. *See feature, page 20.* (S)(AD)

10 PM
10.15 **Gogglebox** The critics share their opinions of shows including *I'm a Celebrity... Get Me Out of Here!, The Great British Bake Off, Emmerdale, Boybands Forever,* and *Only Connect.* (S)(R)(AD)
11.20 **Gogglebox** (S)(SL)(R)(AD)
12.20 AM **NEW Untold: UK Prisons – Sex, Drugs & Corruption** (S)(SL)
12.55 **One Day in Southport** (S)(SL)(R)
1.50 **FILM Kottukkaali** Indian romantic drama with Anna Ben. Subtitled. (S) (2024, 12, 100min) ★★★★
3.30 **The Supervet: Noel Fitzpatrick**
4.25 **The Dog Academy** (S)(SL)(R)(AD)
5.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM PREMIERE **She's Obsessed with My Husband** Thriller starring Alissa Filoramo. (S) (2024, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Cameras follow comedian and leopard-print fan Lucy, who moved to Estepona from Brighton six years ago. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly Australia** A border collie with a strange approach to walks. (S)(R)
6.55 **News** (S)

8.00 The Hotel Inspector

7.00 **The High Street Shops We Loved & Lost** 2/2. A look back at shops including Lunn Poly, Thomas Cook, Our Price, Toys R Us, Athena and Phones 4U. (S)(R)
7.55 **News** (S)

8.00 **The Hotel Inspector** New edition 3/8. Alex Polizzi heads to West Sussex, where husband-and-wife team Dave and Katie are attempting to turn a 500-year-old public house into a thriving gastropub. (S)

9.00 NEW **Child Snatcher 3: Who Took Lynda & Dawn?** In 1983, the quiet village of Narborough was shattered by the rape and murder of 15-year-old Lynda Mann. Three years later, a second teenager, Dawn Ashworth, was found dead in similar circumstances. Detectives involved in the original investigation recount the painstaking work that led to an unprecedented scientific breakthrough, and reveal how Lynda and Dawn's killer was brought to justice. (S)

11.05 **Police: Suspect No 1** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Playgrounds of the Rich and Famous** A look at the Spanish coastal resort of Marbella. (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Ningaloo: Australia's Ocean Wonder** Documentary. (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 12/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Radio Bart:* Bart uses a radio transmitter to trick the townsfolk. (S)(R) **5.30** *Brush with Greatness:* Marge is delighted to discover she still has a flair for art. (S)(R) **6.00** *Lisa the Greek:* Lisa feels neglected by Homer so feigns an interest in football. (S)(R) **6.30** *Homer Alone:* Marge suffers a nervous breakdown and goes on holiday. (S)(R)

9.00 Mr Bigstuff

7.00 **The Office (US)** *Welcome Party:* 20/24. Erin and Andy role-play his break-up from Jessica. (S)(R) **7.30** *Angry Andy:* 21/24. Andy returns to find that Nellie has the manager's position. (S8) (S)(R)

8.00 **Rob & Romesh vs Heavy Metal** 2/4. Scottish band Bleed from Within try to educate the duo in the ways of the headbanger in time for a performance of *Enter Sandman* at the Download festival. (S)(R)(AD)

9.00 **Mr Bigstuff** New episodes 3/6. Glen is left reeling from an old home video, leading to a bust-up between him and Lee. (S)(AD) **9.30** 4/6. Lee and Glen go to a family reunion. (S2) (AD)
■ Entire series on Box Sets

10.00 **The Walking Dead: Dead City** New episode *Feisty Friendly:* 4/8. Maggie uncovers some surprising information, while Negan tries to outmanoeuvre a slippery foe. (S2) (S)(AD)
■ Entire series on Box Sets

11.00 **Never Mind the Buzzcocks** (R)
11.45 **Curb Your Enthusiasm** 5/10. Larry snubs actor Paul Reiser's wife. (S)(R) **12.25** AM 6/10. Larry returns from New York. (S3) (S)(R)
1.05 **The Force: Manchester** (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 12/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **12.55am** Scotcast (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM Spider-Man: No Way Home (S)(AD) (2021, 12, 135min) ★★★★ **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rookie Cops (S)(R) **11.10** FILM Spider-Man: No Way Home: As N. Ireland. **1.25-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Hardy Bucks New episode (S) **10.25-10.30pm** The Chronicles of Armagh New edition (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Heno **1.00** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Redbull Hardline Cymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Radio Fa'ma (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Gwladfa: Gwilym Bowen Rhys **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Am Dro! – Am Dro Steddfod! **10.00** Deuawdau Rhys Meirion **11.00-11.35pm** Cartrefi Cymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** A vehicle for elderly people is designed.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** 7/10. Kirsten, Amy and Abbie go on a trip to Ibiza. **8.30** 8/10. Abbie launches her new collection.
9.00 **Scam Land: Money, Mayhem and Maseratis** 1/5. Mobeen Azhar look into the story of a 20-year-old medical student. **9.30** 2/5. Mobeen Azhar hopes to find answers for the people who believe they were scammed.
10.00 **Ladhood** 1/6. Comedy starring Liam Williams. **10.25** 2/6. Liam decides to try to win a promotion. (S3)
10.50 **Planet Sex with Cara Delevingne** Documentary.
11.35 **Top Gear** As 7.00pm.
12.35 AM **Funboys** 3&4/4. (S1)
1.25 **Ladhood** 1&2/6. (S3)
2.10 **Laugh Lessons** Sketches.
2.15 **A Good Girl's Guide to Murder** 3&4/6. (S1)
3.40 **to 3.55** AM **Govan Fair Queen**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM FILM **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. A teenager is accidentally sent back in time to 1955 and disrupts the moment his parents first fall in love. (1985, PG, 115min) ★★★★★
8.50 FILM **Funny Girl** Musical biopic with Barbra Streisand as singer-comedian Fanny Brice, who made it from New York's Lower East Side to the top of the bill of the Ziegfeld Follies. With Omar Sharif and Kay Medford. (1968, U, 169min) ★★★★
11.10 FILM **The Graduate** Oscar-winning comedy drama starring Dustin Hoffman as an aimless college graduate who is drawn into an affair with a middle-aged woman. (1967, 12, 105min) ★★★★★
12.55 AM **Dustin Hoffman: Talking Pictures** Exploring the challenges the actor faced in his youth.
1.35 **to 3.15** AM **DeLorean: Back from the Future**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary competition from Edinburgh.
3.10 **Four in a Bed** Five editions.
5.55 **Kirstie and Phil's Love It or List It** The hosts help Sue and Richard decide whether to sell or renovate their home.
6.55 **The Dog House New Zealand** New edition A family have been waiting for decades to adopt a puppy.
7.55 **The Dog House** A large Newfoundland makes a favourable first impression on one family but the staff at Woodgreen are worried about his off-putting habit of showering slobber.
9.00 **24 Hours in A&E** A 74-year-old man is brought in after being found in a confused state by his son, and doctors discover some signs of a brain injury. **10.00** The story of 22-year-old police officer who is rushed to St George's after crashing her motorbike while out with her father.
11.05 **Emergency Helicopter Medics** The heli-medics race to treat a cyclist.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: Fruit & Veg Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill of the animated comedy.
7.00 **The Simpsons** *'Scuse Me While I Miss the Sky:* With the guest voice of Eric Idle. **7.30** *Grade School Confidential:* Bart catches Principal Skinner in a clinch.
8.00 **Below Deck** New edition Barbie must decide to honour her family's expectations of her or follow her heart.
9.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* and *The Crown* are appraised.
10.00 **First Dates**
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.40 **Rick and Morty**
2.05 **Mike Tyson Mysteries** New episodes (S4)
2.30 **Modern Family**
3.20 **Below Deck**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 8/10. (S7)
12.00 NOON **FBI** 8/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 8/22. A prized racehorse and its groom are taken hostage. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

10.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Special Victims Unit** New episode *Aperture:* 21/22. An assault at gunpoint is witnessed through a window.

10 PM
10.00 **Law & Order: Special Victims Unit** Series finale *Post-Rage:* 22/22. Benson investigates a string of sexual assaults. (S26)
11.00 **FBI** 5&6/13. Double bill of the crime drama. (S6)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **True Blood** 1&2/12. (S2)
10.00 **Six Feet Under** 8&9/13. (S2)
12.05 PM **House of the Dragon**
1.20 **The Art of Joy** 1&2/6. (S1)
3.35 **True Blood** 1/12. Sookie's relationship with Bill is tested. **4.40** 2/12. Jason makes a good impression at the Light of Day conference. (S2)
5.40 **Six Feet Under** 8/13. The Fishers recall their last moments with Nathaniel. **6.45** 9/13. Nikolai proves a terrible patient. (S2)

10.10 Big Little Lies

7.50 **House of the Dragon** *Driftmark:* 7/10. As the families descend on Driftmark for a funeral, King Viserys calls for an end to infighting between the Great Houses. (S1)

9.00 **The Gilded Age** *If You Want to Cook an Omelette:* 6/8. Bertha encourages Gladys to stand up for herself. (S3)

10.10 **Big Little Lies** *The Bad Mother:* 6/7. The Monterey Five feel the pressure of increased scrutiny of Perry's death. (S2)
11.10 **Homicide: Life on the Street**
12.10 AM **American Rust** 5/9. Lee seeks professional advice. **1.10** 6/9. Harris travels back to Pittsburgh. (S1)
2.10 **The Night Of** 7/8. (S1)
3.15 **House of the Dragon** (S1)
4.20 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 7/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 4/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S9&10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 12/22. An armed robbery crew invade an auction house. (S5)
5.00 **SEAL Team** 3/22. Jason is faced with a big decision. (S2)
6.00 **Stargate Atlantis** 15/20. Sheppard becomes caught up in a bitter feud. (S2)

10.00 The Walking Dead

7.00 **Stargate Atlantis** *The Long Goodbye:* 16/20. Alien entities take control of Weir and Sheppard's bodies. (S2)

8.00 **Rob & Romesh vs Heavy Metal** Rob Beckett and Romesh Ranganathan perform at Download festival.

9.00 **Mr Bigstuff** New episodes 3/6. Comedy series. **9.30** 4/6. Lee and Glen head to a reunion. (S2)
■ Entire series on Box Sets

10.00 **The Walking Dead: Dead City** New episode *Feisty Friendly:* 4/8. Drama series. (S2)
■ Entire series on Box Sets
11.00 **FILM Stargate** Sci-fi adventure starring Kurt Russell and James Spader. (1994, PG, 125min) ★★★★
1.15 AM **The Force: Manchester**
2.15 **Road Wars** Double bill.
3.10 **NCIS: Los Angeles** (S13)
4.05 **S.W.A.T.** 12/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts the game, as Matthew takes on the Banker for the chance to win life-changing money.

8.00 **Million Dollar Listing: LA** Flagg and Altman go head-to-head as they compete to sell their listings in Trousdale.

9.00 **Love Island** New edition Reality show in which singletons compete in the hope of finding love – and winning £50,000.

10.05 **Botched** Tameka Harris accompanies her friend on a visit to Dr Terry Dubrow over a botched breast augmentation.
11.00 **Family Guy** 14/18. Joe takes the guys on a road trip. **11.35** 10/18. Peter takes on a younger, hipper alter-ego. (S13)
12.05 AM **American Dad!** (S12)
1.05 **Bob's Burgers** 5/22. (S11)
1.35 **Karaoke Club: Drag Edition**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Manoeuvres.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *The Fisher King:* A womanising landowner is stabbed to death with a Celtic spear.
5.50 **Heartbeat** *Blood Sports:* A kidnapping case takes an unexpected turn, placing the entire village in danger.

8.00 Vera

6.55 **Heartbeat** *Kids:* A man escapes on his way to prison, and Greengrass takes a job as a lollipop man.

8.00 **Vera** *Prodigal Son:* A crime of passion is suspected when a former policeman is stabbed to death, but Vera uncovers a more complex case involving the hostile takeover of a brewery.

10.00 **Foyle's War** *Broken Souls:* When an employee at a military psychiatric hospital is found murdered, there is no shortage of suspects.
11.55 **Broadchurch** 1/8. DI Alec Hardy and DS Ellie Miller investigate a sexual assault. **12.55** AM 2/8. Ellie and Hardy investigate Trish's life and talk to her ex-husband. (S3)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Food Fest Scotland** The food of Anstruther.
8.00 **Beechgrove Garden** New edition Lizzie Schofield looks at the crops that it is still not too late to sow to get homegrown produce.
8.30 **Loggerheads** The teams compete on the banks of Loch Goil.
9.00 **Nightsleeper** 6/6. Abby is convinced she knows how to stop the remaining carriages. (S1)
10.00 **Two Doors Down** 6/6. Cathy and Colin return from their Italian holiday and host a soirée. (S5)
10.30 **Situationships with Sophie and Christine** New edition
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Scot Squad** 5/5. (S3)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **The Conners** (S1)
10.00 **Vice Principals** (S2)
11.20 **Camping (US)** (S1)
12.35 PM **Silicon Valley** (S5)
1.55 **Vice Principals** (S2)
3.15 **High Maintenance** (S3)
4.25 **Camping (US)** (S1)
5.45 **The Conners** (S1)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 3/7. The team secure a big deal. **8.25** 4/7. Jared commits himself to Gwart. (S6)
9.00 **Girls** 1/10. Marnie puts the finishing touches to her wedding day. **9.40** 2/10. Ray enters a turf war with a hipster coffee shop. (S5)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.20 **Curb Your Enthusiasm**
12.40 AM **Enlightened** (S1)
2.00 **And Just Like That...** New episode 10/12. (S3)
3.00 **Somebody Somewhere**
4.20 **to 5.00** AM **Run**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Jesus Christ Superstar: Live in Concert** Rock musical.
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **The Art Mysteries**
3.00 **Skinner & Mina's Literary Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Classic Movies**
11.00 **The Art of Film**
12.00 M'T **Gary Numan Resurrection**
1.40 AM **Anish Kapoor: Stupid Naughty Boy**
2.40 **Wuthering Heights: Love, Hate and Vengeance**
4.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe**
7.00 **Star Trek: TNG** (S1)
8.00 **Star Trek: Deep Space Nine** *Civil Defence:* 7/26. The station is set to self-destruct. (S3)
9.00 **Britain's Most Evil Killers**
10.00 **How I Caught the Killer**
11.00 **Grimm** 5/22. (S5)
12.00 M'T **Britain's Most Evil Killers** Tracie Andrews.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary** Double bill of the game show, hosted by Mel Giedroyc.
3.00 **Tenable** A team of five friends answer questions about top 10 lists. **4.00** A team of five podcast-producing friends answer questions about top 10 lists.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show, hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Zee takes on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the quiz show, hosted by Ben Shephard.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 7/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 1&2/22. (S2)
12.00 NOON **Highway to Heaven** 14/25. (S1)
1.00 PM **Father Dowling Mysteries** 12/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 8/25. Klinger helps a Korean girl. **8.30** 9/25. Fever breaks out in camp. (S8)
9.00 **FILM McLintock!** Comedy Western, an updated version of *The Taming of the Shrew*, starring John Wayne. (1963, U, 127min) ★★★
11.40 **The Avengers** (S6)
12.50 AM **M*A*S*H** (S8)
2.00 **Hart to Hart** 7/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Nijinsky's Triple Crown**
6.05 **The Return of Sherlock Holmes** Murder mystery.
7.05 **Kojak** Double bill.
9.10 **Magnum, PI**
10.10 **Giant Lobster Hunters**
11.10 **The Return of Sherlock Holmes** Murder mystery.
12.15 PM **Kojak** Double bill.
2.20 **Magnum, PI**
4.25 **Minder** 6/13. Arthur starts to lose his grip on reality. (S8)
5.30 LIVE **Racing: Racing League** The second round of the season from Wovlerhampton.

9.00 Speed 2: Cruise Control

LIVE Racing: Racing League (started at 5.30pm)

9.00 FILM **Speed 2: Cruise Control** Action thriller sequel starring Sandra Bullock and Jason Patric as a holidaying couple trying to prevent a villain blowing up a luxury liner. With Willem Dafoe. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

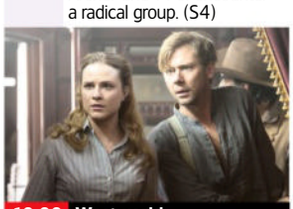
11.25 FILM **Game of Death** Thriller starring Wesley Snipes. A CIA agent becomes an undercover bodyguard to an arms dealer. (2010, 15, 93min) ★★
1.20 AM **The Return of Sherlock Holmes** Murder mystery.
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 21/26. (S7)
2.00 **Primeval** 1/6. (S1)
3.00 **Stargate Atlantis** 18/20. (S2)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: The Next Generation** 21/26. (S7)
6.00 **Star Trek: Enterprise** 8/22. Part two of three. Archer and T'Pol encounter a radical group. (S4)


10.00 Westworld

7.00 **Primeval** 1/6. Nick Cutter investigates a sighting of a mysterious animal and faces a creature he believed was extinct. (S1)

8.00 **Stargate Atlantis** *Michael:* 18/20. An amnesiac soldier makes a shocking discovery. Guest stars Connor Trinneer. (S2)

9.00 **The Leftovers** *The Garveys at Their Best:* 9/10. The drama rewinds to the days leading up to the Departure. (S1)

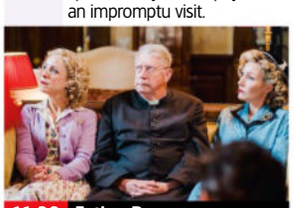
10.00 **Westworld** *Trompe L'oeil:* 7/10. Delores and William continue to tread into dangerous territory. (S1)

11.00 **Westworld** 8/10. Bernard struggles with a mandate issued to him, and Maeve looks to change her script. (S1)
12.00 M'T **The Walking Dead** 15/22. The communities prepare for the final Whisperer battle. (S10)
1.00 AM **True Blood** (S5)
3.00 **Primeval** 1/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **The Mentalist** 8/23. (S1)
11.00 **Hudson & Rex** 14/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S9&10)
4.00 **The Mentalist** 8/23. The star witness in a narcotics case is discovered murdered. (S1)
5.00 **Hudson & Rex** 14/16. (S4)
6.00 **Father Brown** *The Company of Men:* Lady Felicia pays an impromptu visit.


11.20 Father Brown

7.00 **Miss Scarlet and the Duke** 2/6. Eliza bumps into a girl who made her life a misery when she was growing up. (S3)

8.00 **Death in Paradise** *Damned If You Do:* 3/8. Guest stars David Bamber and Tyger Drew-Honey. (S4)

9.00 **Bookish** *Such Devoted Sisters – Part1:* 5/6. An army captain drinks a poisoned cocktail.

10.10 **Bookish** *Such Devoted Sisters – Part 2:* 6/6. Book finds something curious in Captain Victor Orr's little black book. (S1)
11.20 **Father Brown** As 6.00pm.
12.20 AM **Miss Scarlet and the Duke** As 7.00pm.
1.20 **Elementary** 13/13. Holmes's battle with Odin Reichenback reaches its climax. (S7)
2.25 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.35 **Keeping Up Appearances**
10.15 **Are You Being Served?**
10.55 **Still Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **Keeping Up Appearances**
1.35 **I Didn't Know You Cared**
2.15 **Dad's Army**
2.55 **Still Open All Hours**
3.35 **Are You Being Served?**
4.15 **Last of the Summer Wine**
5.35 **Keeping Up Appearances**
6.15 **Are You Being Served?**
6.55 **Dad's Army**

10.00 The Royle Family

7.35 **Still Open All Hours** Granville buys devices that are supposed to create positive emotions.

8.10 **The Vicar of Dibley** Alice and Hugo's baby is christened amid much chaos, and David asks Geraldine to marry him.

9.05 **The Vicar of Dibley** A water shortage presents problems for Alice, who is forced to wear her Wonder Woman outfit.

10.00 **The Royle Family** Barbara decides she has had enough of Jim's laziness and walks out.
10.40 **The Last Fast Show Ever**
11.35 **Not Going Out** An old woman wanders into Lucy's flat.
12.15 AM **Absolutely Fabulous Special: Ab Fab @ 20**
12.55 **The Vicar of Dibley**
1.50 **The Royle Family**
2.35 **The Last Fast Show Ever**
3.20 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball Splash Hits**
8.00 **Special Ops: To Catch a Criminal** Documentary.
9.00 **Special Ops: Crime Squad UK**
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall**
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers examine food found in Britain's woodlands.

6.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With Ruth Jones, Jason Manford, Jack Dee and Peter Serafinowicz.
7.40 **Richard Osman's House of Games** With Sean Fletcher, Louise Minchin and Chris Washington. **8.20** With Ade Adepitan and Jean Johansson.

9.00 **QI** Sandi Toksvig hosts the comedy quiz, with panellists Zoe Lyons, Greg James, Richard Osman and Alan Davies.

10.00 **Have I Got a Bit More News for You** Jack Dee hosts the satirical quiz, with Dehenna Davison and Emmanuel Sonubi.
11.00 **Taskmaster**
12.00 M'T **Mock the Week** With James Acaster, Ed Byrne, Sara Pascoe and Josh Widdicombe.
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** Turning an office unit on a commercial estate into a two-bedroom house.
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Bristol.
9.00 **Super Surgeons: A Chance at Life** Professor Vin Paleri attempts to reconstruct a patient's windpipe.
10.00 **1,000 Men and Me: The Bonnie Blue Story**
11.20 **Operation Dark Phone: Murder by Text**
3.30 AM **Crime Scene Cleaners** Documentary.
4.25 **to 4.55** AM **Travel Man: 48 Hours in Prague**

5USA

141/169 129 120/162 21 129 29

9.05 AM **NCIS** 19-21/24. (S4)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Corporal Punishment:* 10/19. The agents attempt to recapture a Marine. **7.00** *Tribes:* 11/19. A US Marine is found dead. **8.00** *Stakeout:* 12/19. A stake-out leads to a murder case. (S5)
9.00 **Blue Bloods** *Lost Souls:* 15/22. Danny and Baez feel torn when they look into a murder. (S7)
10.00 **Law & Order: Special Victims Unit** *Spousal Privilege:* 8/23. A former footballer is caught abusing his ex-girlfriend. **11.00** *Pattern Seventeen:* 9/23. Rollins makes a connection between a series of sexual assaults. (S16)
12.00 M'T **The Resident** (S2)
1.55 AM **Person of Interest**
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** A 64-year-old has collapsed at work with a suspected cardiac arrest.
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.30 **Police Interceptors**
11.35 **The Motorway**
12.40 PM FILM **55 Days at Peking** Historical drama. (1962, U, 154min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Trucking Heavy: Massive Moves** New edition The crew collect an unusual load at Teeside airport.
10.00 **Extreme Tow Truckers** Clayton's Towing takes on a shift to recover a B-double.
11.00 **Cops** Double bill.
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: Veteran Street** In Manchester.
7.00 **Inside the Ambulance** Jamie and Debbie rush to an unconscious man in a diabetic coma.
8.00 **One Born Every Minute** Cameras follow a male midwife at Liverpool Women's Hospital.
9.00 **One Born: Twins and Triplets** Ana and Paul receive worrying news at a routine scan.
10.00 **999 Rescue Squad**
12.00 M'T **DIY SOS: The Big Build** In south Wales.
1.00 AM **My Kitchen Rules: Australia** Cooking series.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.20 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 2/10. (S2)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *The Moving Finger:* Villagers harbour a strange secret.
10.00 **New Tricks** *Old School Ties:* The remains of a body are discovered near a boarding school.
11.20 **Spooks** 1/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY Entertainment

Thursday

Really
142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** With Fred and Richard Fairbrass.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Louise Gostelow and David Harper scour Northern Ireland. **8.00** Louise Gostelow and David Harper scour Lancashire and Cumbria.
9.00 **Help! My House Is Haunted** New edition Geraldine's 13th-century manor in Somerset is plagued by spirits.
10.00 **The Osbournes Want to Believe**
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Nell McAndrew and Laurence Llewelyn-Bowen.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?**
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Wild West Chronicles** Western.
8.40 **The Blitz on London**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Broken Lance** Western. (1954, U, 96min) ★★★★
3.10 **FILM Kentucky Rifle** Western with Chill Wills. (1956, U, 84min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Wild Bill** Western biopic starring Jeff Bridges and Ellen Barkin. (1995, 15, 93min) ★★★
11.15 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
1.05 AM **FILM Fire Twister** Action disaster movie. (2015, 12, 90min) ★
2.50 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

6.00 AM **Air Rescue**
6.25 **FILM The Wrong Mother** Thriller. (2017, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Stolen Innocence** Thriller. (2007, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Living with the Enemy** (2005, PG) ★★
2.55 **FILM Black Widow** Thriller. (2007, PG) ★★
5.00 **FILM The Ex Next Door** Thriller. (2019, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Master Gardener** Crime thriller. (2022, 15, 111min) ★★★★
11.25 **FILM Lost Letter Mysteries: Second Chances** Crime drama. (2014, PG, 85min) ★★
1.20 AM **FILM Woman on the Edge** (2018, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Killer Cove** (2018, PG) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
10.05 **FILM A Vineyard Romance** Drama. (2021, PG, 86min) ★★
12.05 PM **FILM Raise a Glass to Love** Drama. (2021, PG, 84min) ★★
2.00 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
3.55 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
6.05 **FILM Wedding Season** Romantic comedy. (2023, U, 84min) ★★
8.00 **FILM Autumn Dreams** Comedy. (2015, PG) ★★
9.55 **FILM Autumn in the Vineyard** Drama. (2016, PG, 84min) ★★
11.50 **FILM Bottled with Love** Drama. (2019, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM It Was Always You**
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 2/7. (S2)
12.30 PM **You're Only...**
1.00 **Mapp and Lucia** (S2)
2.00 **FILM Wild Guitar** Drama. (1962, PG, 92min) ★★
3.45 **Auto Rewind**
4.00 **Blue Thunder** 7/11. (S1)
5.00 **Lucky Feller** 6/13. (S1)
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 6/13. (S1)
9.00 **Bramwell** 5/8. (S2)
10.00 **Soap** 18/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Giant Spider Invasion** Horror. (1975, 15, 84min) ★★
1.30 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sean Dwyer gambles on a new venture with a fresh-faced crew. **8.00** Life aboard ship in the Alaskan crab-fishing fleet, following the lives of the crewmen.
9.00 **Expedition X** Jess hunts for a legendary creature known as Yacumama.
10.00 **Expedition Unknown** Diving into the mysteries of the Bermuda Triangle.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nigella Bites**
9.30 **Nadiya's Fast Flavours**
10.00 **Hairy Bikers'...**
11.00 **Great British Bake Off**
1.00 PM **Hairy Bikers'...**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nigella Bites**
5.30 **Nadiya's Fast Flavours**
6.00 **Hairy Bikers'...**
7.00 **Great British Bake Off**
9.00 **Maneet's Eats** New edition
9.30 **Nadiya's Fast Flavours**
10.00 **Tom's Best Ever Dishes**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/25. (S7)
9.00 **The Fall Guy** 15/23. (S2)
10.00 **Knight Rider** 6/22. (S4)
11.00 **FILM Code Red** Thriller. (2001, 15, 89min) ★★
1.00 PM **FILM Gunsmoke: The Last Apache** Western drama. (1990, PG, 90min) ★★
3.00 **FILM Against a Crooked Sky** Western. (1976, PG, 85min) ★★
5.00 **Star Trek** 7/24. (S3)
6.00 **Knight Rider** 7/22. (S4)
7.00 **The Fall Guy** 16/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Gold** Thriller with Matthew McConaughey. (2016, 15, 120min) ★★★
11.20 **FILM The Hunted** Thriller starring Harry Hamlin. (1998, 15, 92min) ★★
1.30 AM **FILM Red Sonja** Adventure. (1985, 15) ★
3.15 **to 5.00** AM **FILM A Reason to Live, A Reason to Die** Western. (1972, PG, 92min) ★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Super Cyclone** As 5.00pm.
8.00 **FILM George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
10.00 **The Lost World** (S3)
11.00 **FILM Monster Hunters** Disaster thriller. (2020, 15, 88min) ★
1.00 PM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 8/23. (S4)
5.00 **FILM Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 9/23. (S4)
9.00 **FILM Looper** Time-travel thriller with Joseph Gordon-Levitt. (2012, 15, 119min) ★★★★
11.20 **FILM Vehicle 19** Thriller. (2013, 12, 83min) ★★
1.05 **to 3.00** AM **FILM The Sorcerers** Chiller. (1967, 15, 85min) ★★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Westall '66: A Suburban UFO Mystery** Documentary.
10.00 **The Proof Is Out There**
11.00 **UFOs: The Lost Evidence** Double bill.
1.00 AM **Alien Files Reopened** UFO sightings.
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** In Utah.
12.00 NOON **Reuben & Clive: Beyond the...**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **The Yorkshire Vet**
6.00 **All Creatures Great and Small**
7.00 **Reuben & Clive: Beyond the Yorkshire Farm**
8.00 **Ben Fogle: New Lives in the Wild** In Morocco.
9.00 **Fergie: Where Did All the Money Go?**
10.00 **The King's Guard: Serving the Crown**
11.00 **All Creatures Great and Small**
12.00 M'T **Dan & Helen's Pennine Adventure**
1.00 AM **The Hotel Inspector**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Devon.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Dream Derelict Home in the Sun** A Birmingham couple try to salvage a neglected presbytery in Normandy on a very tight budget.
10.00 **Fixer to Fabulous** Dave and Jenny Marrs take their kids to Italy so they can work on their villa.
11.00 **Home Town Takeover**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish: The Schmuckers' Story**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **1000-lb Sisters**
3.00 **Sex Sent Me to the ER**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 13&14/22. (S4)
10.00 **Last Man Standing** (S6)
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S4)
7.00 **Friends** 20/24. Joey's snoring starts to exasperate Chandler. **7.30** 21/24. Ross and Rachel reminisce. **8.00** 22/24. Joey loses Ross's wedding ring. **8.30** 23/24. Part one of two. Ross goes to England to marry Emily. (S4)
9.00 **Kevin Bridges: A Whole Different Story**
10.00 **South Park** New episode Satirical animation. (S27)
10.30 **South Park** (S1, 2&13)
2.00 AM **Broad City** (S2)
3.00 **Stupid Central**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 4&5/13. (S2)
11.00 **Friends** (S7&8)
1.00 PM **Impractical Jokers**
2.00 **Daria** 6&7/13. (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** (S4)
9.00 **New Girl** 19&20/22. (S5)
10.00 **Friends** (S3&4)
1.00 AM **Beavis and Butt-Head** (S4)
2.00 **Key & Peele**
3.00 **Ardal O'Hanlon: Comedy Central Live**
3.20 **Jeff Dunham: Comedy Central Live**
3.45 **Jack Dee Live at the Apollo** Stand-up show.
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 7&8/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Luke Littler.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The Dramatic** Reality series.
2.00 **Catfish: The TV Show**
5.00 **Catfish: Meltdowns**
6.00 **Catfish: The TV Show**
7.00 **Celebs on the Ranch**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition The roomies prepare for their first international family vacation in years.
11.00 **NEW SERIES The Challenge: Vets & New Threats** Reality series.
12.00 M'T **Love & Hip Hop: Atlanta** New edition
1.00 AM **Ink Master**
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: Mine Rescue with Freddy & Juan**
5.00 **Building Off the Grid** A young couple sets out to create their dream treehouse retreat in Northern Georgia.
6.00 **Border Control: Spain** Following the work of the Security and Customs Services at Spain's borders.

10.00 In the Eye of the Storm

7.00 **Wheeler Dealers** Mike finds an Alfa Romeo GTV with some fails, but he thinks Elvis can sort it before an Italian road trip.

8.00 **Outback Truckers** A Tasmanian trucker lays his life on the line driving into an inferno to save some bulldozer drivers.

9.00 **NEW How to Survive a Shark Attack** Shark attack survivor Paul de Gelder learns some life-saving tactics.

10.00 **NEW SERIES In the Eye of the Storm: Shark Storm** Footage of the shark attack outbreak on America's Gulf Coast.

11.00 **Border Control: Europe**
12.00 M'T **Moonshiners**
1.00 AM **How to Survive a Shark Attack** As shown at 9.00pm.
2.00 **In the Eye of the Storm: Shark Storm** As 10.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** A giant shark tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** A showcase of incredible pet-centric builds.
4.00 A dog-friendly garden.
5.00 **Lone Star Law** The wardens deal with drunk boaters, angry campers and a rowdy raccoon.
6.00 **Dr Jeff: Rocky Mountain Vet** The team offer free veterinary care to poor families in Mexico.

8.00 Alaska: Surviving the...

7.00 **Treehouse Masters** Pete Nelson is hired to create a cool treetop structure with a wall of windows and a crow's nest.

8.00 **Alaska: Surviving the Last Frontier** Following four groups of ordinary people as they travel into the wilderness of Alaska.

9.00 **Alaska: The Last Frontier** Changing weather forces the Kilchers to venture miles from home in search of food for winter.

10.00 **Alaskan Bush People** The wolfpack prepare for their first ever wedding in the bush, but emotions run high.

11.00 **Pit Bulls & Parolees** The team help the victims of the 2016 Louisiana floods.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Amsterdam Central 24/7** Double bill.
2.00 PM **Nazi Megastructures: Battle Ready** Double bill.
4.00 **Hurricane Katrina: Race Against Time** Documentary.
5.00 **Car S.O.S** Restoring a 1972 Renault Alpine A110.
6.00 **Lost Treasures of Egypt** Archaeologists working in Egypt's Valley of the Kings.

10.00 Lawless Island

7.00 **Air Crash Investigation** ACI examines one of the greatest aviation mysteries – the missing Malaysia Airlines Flight 370.

8.00 **Inside Airport Lost & Found** New edition The journeys of items misplaced at airports.

9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend revive a Land Rover Discovery Series 1 which is a beloved family heirloom.

10.00 **Lawless Island** New edition Sam, Troy and Terry struggle with uneven ground building a bathroom.

11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown** Rich hunts for old rocket parts.
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
6.55 **American Pickers**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Swamp People: Serpent Invasion** New edition The teams storm a hostile site.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** A 1972 telegram.
3.15 **Lost U-Boats of WWII**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers** Evel Knievel's Snake Canyon jump.

9.00 The UnBelievable

7.00 **Forged in Fire** Four bladesmiths must 'frankenstein' together discarded pieces of scrap steel to make their blades.

8.00 **Swamp People: Serpent Invasion** The teams unite to storm a hostile site rumoured to be swarming with pythons.

9.00 **The UnBelievable with Dan Aykroyd** New edition Unusual prison escapes, including a Soviet pilot who stole the enemy's plane.

10.00 **Alien Corridors** Investigating a suspected underground alien base on the Archuleta Mesa in New Mexico.

11.00 **What on Earth?** A huge chasm appears in a remote part of the Siberian forest.
12.00 M'T **Close Encounters** A saucer-shaped object.
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Forged in Fire**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop** A 1943 US Army Aeronca Defender.
5.00 **World War Weird** A sighting of angels during World War One.
6.00 **Antiques Roadshow** The team pay a visit to Scarborough, North Yorkshire.

7.00 Greece with Simon Reeve

7.00 **Greece with Simon Reeve** 1/2. Simon takes a tour of Greece, travelling from the islands of the Aegean to Athens.

8.00 **NEW SERIES Bangers & Cash** Derek picks up a 1960 Aston Martin DB4 that has been sitting in a garage for over 40 years.

9.00 **Classic Car Kings** Irv imports an original-run short wheelbase Porsche 911 from the east coast of America.

10.00 **Bangers & Cash** Derek heads north to pick up a 1954 Morgan +4 coupe believed to be just one of three still on the road.

11.00 **Bangers & Cash** Dave extracts a barn find – a 1984 Manta GTE which hasn't seen the light of day in 30 years.
12.00 M'T **Abandoned Engineering**
1.00 AM **Greece with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Salvage Hunters: Georgian House Restoration**
9.00 **Salvage Hunters** New edition Drew and Viki buy from new business ventures.
10.00 **NEW SERIES Secret Life of the Auction House** A rare *Harry Potter* book.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition True-crime.
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Crime series.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Near Hamilton, Ontario, a jogger makes a gruesome discovery.
8.00 **Millionaire Murders** Mike heads out onto the lake and never returns.
9.00 **Shocking Crimes: Murder Book** The murder of US off-road racer Mickey Thompson and his wife in 1988.
10.00 **It Takes a Killer** A predator targets men at gay bars, leaving a trail of dead bodies.
10.30 The disappearance of a wealthy retiree.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** The murder of a prostitute who was found dead in an Ohio waterway.
4.30 The murder of a high-school girl in a South Carolina town.
5.00 How cat hair helped police identify the killer of a woman.
5.30 Investigating a mass food poisoning in Oregon in 1984 which was traced to a cult.
6.00 A bizarre case in which a woman was shot dead and her husband was the initial suspect.
6.30 The disappearance of the American Atheists' founder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **Murdered at First Sight**
12.00 NOON **What the Killer Did Next** True-crime.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** West Virginia.
8.35 **The Remarkable Miss North** Documentary.
9.45 **Lincoln: Divided We Stand** Documentary.
10.40 **WWII: Operation Barbarossa**
11.45 **The Remarkable Miss...**
1.00 PM **D-Day Remembered: Minute...**
2.00 **The Remarkable Miss...**
3.20 **Lincoln: Divided We...**
4.10 **WWII: Operation Barbarossa**
5.15 **D-Day Remembered: Minute by Minute**
6.15 **The Remarkable Miss...**
7.30 **Lincoln: Divided We...**
8.20 **WWII: Operation Barbarossa** Series finale
9.30 **D-Day Remembered: Minute by Minute**
10.30 **Lincoln: Divided We...**
11.30 **America the Bountiful**
12.00 M'T **WWII: Operation Barbarossa**
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Harrison Ford**
8.00 **The Directors** Barry Levinson.
9.00 **McMillion$** Documentary.
10.00 **Chimp Crazy** As 7.00pm.
11.00 **Escobar by Escobar**
12.00 NOON **The Inventor: Out for Blood In Silicon Valley**
2.10 PM **Red Elvis: The Cold War Cowboy** Documentary.
4.00 **Discovering: Harrison Ford**
5.00 **The Directors** Barry Levinson.
6.00 **McMillion$** The FBI learn more about Uncle Jerry's middlemen.
7.00 **Chimp Crazy** Tonia continues to dream of opening her own island chimpanzee sanctuary.
8.00 **Escobar by Escobar**
9.00 **Lancaster** Documentary.
11.00 **JFK Revisited: Through the Looking Glass** Documentary examining the assassination of US president John F Kennedy.
1.15 AM **Queen of Speed**
3.15 **Althea** The life of former tennis player Althea Gibson.
5.00 **to 6.00** AM **Discovering: Harrison Ford**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **A Cheetah's Pride**
7.00 **Monkey Life** Double bill.
8.00 **Becoming Orangutan**
9.00 **Macro Worlds**
10.00 **Wild Sky** As 4.00pm.
11.00 **Wildlife ER**
12.00 NOON **Life's Journey**
1.00 PM **Monkey Life**
2.00 **Becoming Orangutan**
3.00 **Macro Worlds**
4.00 **Wild Sky** The Amazon's oxygen-breathing trees.
5.00 **Wild Battlegrounds**
6.00 **Life's Journey** The mating game.
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa** Cape Town's Table Mountain National Park, a rugged peninsula.
9.00 **Over Australia** Footage of Australia's Great Dividing Range.
10.00 **Life's Journey** The mating game.
11.00 **Wild Battlegrounds**
12.00 M'T **Wildlife ER**
1.00 AM **Shark Squad**
2.00 **Great Parks of Africa**
3.00 **Over Australia** As 9.00pm.
4.00 **Becoming Orangutan**
5.00 **to 6.00** AM **Macro Worlds**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence** Peru's Nazca Lines.
9.00 **Ancient Superstructures**
10.00 **Blown Away** Double bill.
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Lost Relic Hunters**
7.00 **What on Earth?** Documentary.
8.00 **History's Greatest Mysteries** The Loch Ness Monster.
9.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club.
10.00 **Life After People** The fate of cars, planes and roads in a world without humans.
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Evidence of the Unexplained** UFO sightings.
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** True-crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain with Dermot Murnaghan** Peter Morgan.
3.00 **Murdertown** True-crime.
4.00 **Murder Detective**
5.00 **Killed Without A Trace**
6.00 **Cold Case Files: Murder in the Bayou** Documentary.
7.00 **The First 48** True-crime.
8.00 **Murder by Medic**
9.00 **The First 48** New edition
10.00 **NEW SERIES Interrogation Raw** Documentary.
11.00 **Fugitives Caught on Tape**
12.00 M'T **Murder by Medic**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska Fish Wars: Season on the Edge** Documentary.
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Shark Queens**
3.00 **Extraordinary Australia**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Two Asian small clawed otters show off their x-ray training skills.
8.00 **The Kangaroo King** Following the development of a kangaroo.
9.00 **Alaska Fish Wars** Captain Dan hopes his son will act as a lucky charm.
10.00 **Ice Road Rescue** The drivers try to balance work and family.
11.00 The teams learn the importance of damage control.
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Tony Robinson's VE Day: Minute by Minute**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Jess and Phil venture deep into the Ozarks.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Tony Robinson's VE Day: Minute by Minute** The key events that made VE Day such a momentous 24 hours.
9.00 **Secrets Underground** Rob Nelson investigates mysterious tunnels under Denver's airport.
10.00 **How Do They Do It?**
11.00 **Savage Builds** Adam teams up with actor Gary Oldman.
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Expedition with Steve Backshall** Four editions.
1.00 PM **Expedition with Steve Backshall** Six editions.
7.00 **Expedition with Steve Backshall** Steve ventures into more uncharted territory in pursuit of new discoveries and world firsts, and begins by joining a team of kayakers to head to Kamchatka.
8.00 Steve joins forces with ropes expert Aldo Kane and Saudi Arabian geologists Mahmoud Al-Shanti and Hala Alwagdani to search for the longest lava tube in Arabia.
9.00 Steve and his team of explorers head to Greenland.
10.00 Steve leads a team into Yucatán on the trail of the ancient Maya, where he and his team want to explore caves known as 'the place of fear'.
11.00 The naturalist leads a team into Greenland.
12.00 M'T **to 6.00** AM **Expedition with Steve Backshall**

+1 hour 266 376

ID

154 141 166

8.00 AM **Never Say Goodbye**
9.00 **American Monster**
11.00 **Six Degrees of Murder**
1.00 PM **Disappeared**
3.00 **Homicide City: Charlotte**
5.00 **Til Death Do Us Part**
6.00 **Love, Honor, Betray**
7.00 **The Murder Tapes** A look into how the town of Fort Smith, Arkansas, was left reeling when a retired school teacher was found bludgeoned to death.
8.00 Detectives in Waynesfield, Ohio, discover the body of Erin Mulcahy in her shower.
9.00 **How (Not) to Get Rid of a Body** After police find a murder victim inside a Civil War crypt, police must navigate the evils of a notorious motorcycle club to try and solve the case.
10.00 **Road Rage** Double bill.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hostage 911**
2.00 AM **Til Death Do Us Part**
3.00 **Love, Honor, Betray**
4.00 **to 6.00** AM **The Murder Tapes**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers** Double bill.
9.00 **Texas Metal** A Rolls-Royce.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A 1972 'Cuda.
4.00 **Custom Carolina**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** The team continue putting their own spin on a classic '67 Chevy Corvette.
9.00 **Richard Hammond's Workshop** Richard must come up with a plan to raise emergency funds.
10.00 **Texas Metal** A race truck.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.40 AM **The Sloth Lane** Animated adventure featuring the voices of Leslie Jones and Remy Hii. (2024, PG, 90min)
9.20 **Rumours** As 6.00pm.
11.20 **Kraven the Hunter** (2024)
1.40 PM **Juror #2** As 12.30am.
3.40 **William Tell** As 10.15pm.
6.00 **Rumours** Comedy starring Cate Blanchett. The leaders of seven wealthy democracies get lost in the woods. (2024, 15, 104min) ★★★

10.15 William Tell

8.00 **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **William Tell** Drama starring Claes Bang. During the 14th Century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Juror #2** Legal thriller starring Nicholas Hoult. (2024, 12, 113min) ★★★★
2.30 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
4.15 **to 6.00** AM **The Luckiest Man in America** Drama. (2024, 15, 90min) ★★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.45 AM **Jack Reacher** Thriller. (2012, 15, 130min) ★★★
9.00 **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
11.05 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
1.15 PM **Riddick** Thriller sequel. (2013, 15, 122min) ★★★
3.25 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
5.55 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★

9.55 Goodellas

8.00 **Venom: The Last Dance** Fantasy adventure sequel starring Tom Hardy. Eddie Brock and Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood, starring Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Punisher** Action thriller starring Tom Jane, John Travolta and Will Patton. (2004, 18, 123min) ★★★
2.25 **The Godfather Part II** Gangster drama sequel with Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
5.55 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.40 AM **Wimbledon** As 4.05pm.
9.30 **Save the Cinema** Drama starring Samantha Morton. (2021, 12, 109min) ★★★
11.35 **The Great Gatsby** Romantic drama with Robert Redford. (1974, 12, 146min) ★★★
2.10 PM **L'immensità** As 11.15pm.
4.05 **Wimbledon** Romantic sports comedy starring Paul Bettany. (2004, 12, 98min) ★★★
6.00 **Footloose** Teen musical starring Kevin Bacon as a Chicago kid who moves to the Midwest Bible Belt, where rock 'n' roll is banned. With Lori Singer. (1984, 12, 107min) ★★★
8.00 **Schindler's List** Steven Spielberg's drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1000 Jews. (1993, 15, 195min) ★★★★★
11.15 **L'immensità** Family drama. (2022, 12, 99min) ★★
1.00 AM **I Used to Be Funny** Drama. (2023, 15, 105min) ★★★
2.50 **The Shamrock Spitfire** Drama. (2024, 12, 108min) ★★★
4.45 **to 6.35** AM **No Escape** Action thriller. (2014, 15, 101min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.40 AM **The Watched** As 1.15am.
8.30 **Concrete Utopia** As 3.00am.
10.45 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
12.40 PM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
2.25 **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
4.35 **Trap** Thriller starring Josh Hartnett and Ariel Donoghue. (2024, 15, 105min) ★★★★
6.25 **The Purge** Horror thriller starring Ethan Hawke and Lena Headey. (2013, 15, 85min) ★★★
8.00 **The First Purge** Thriller prequel starring Y'lan Noel, Lex Scott Davis, Joivan Wade and Marisa Tomei. (2018, 15, 98min) ★★
9.40 **Terminator Salvation** Action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. Resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
11.40 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
1.15 AM **The Watched** Horror. (2024, 15, 102min) ★★★
3.00 **Concrete Utopia** Drama. (2023, 15, 130min) ★★★★
5.15 **to 6.45** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.00 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★
7.00 **The Inventor** As 12.55am.
8.55 **Little Vampire** As 3.20am.
10.35 **The Tiger Rising** As 5.35pm.
12.35 PM **Spy Kids** (2001) ★★★★
2.15 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.00 **Spy Kids 3: Game Over** Sci-fi comedy. (2003, U) ★★★
5.35 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★

5.35 The Tiger Rising

7.30 **Journey to the Center of the Earth** Family adventure with Brendan Fraser, Josh Hutcherson and Anita Briem. (2008, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Journey 2: The Mysterious Island** Fantasy adventure sequel starring Dwayne Johnson. A teenager and his stepdad go in search of his missing grandfather. (2012, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Witches** Adventure starring Anjelica Huston. (1989, PG, 90min) ★★★★
12.55 AM **The Inventor** Animated adventure with the voices of Daisy Ridley and Matt Berry. (2023, PG, 100min) ★★★
2.50 **The Cinema List: Family Favourites**
3.20 **Little Vampire** Animation. (2020, PG, 85min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.40 AM **Once Upon a Time in China** Chinese thriller. Subtitled. (1991, 15, 120min) ★★★★★
8.55 **The Cinema List**
9.15 **Rampage** (2018, 12) ★★★
11.05 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
1.00 PM **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
3.30 **Madame Web** Adventure. (2024, 12, 116min) ★★★
5.40 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★

5.40 The Amazing Spider-Man

8.00 **The Amazing Spider-Man 2** Action adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

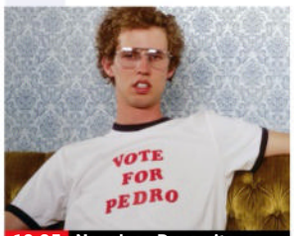
10.25 **Hancock** Action comedy fantasy starring Will Smith as a drunken bum of a superhero who leaves disaster in his wake – until he encounters an PR guru and his wife. (2008, 12, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Fury** Wartime drama. (2014, 15, 134min) ★★★
2.15 AM **Django Unchained** Quentin Tarantino's Western. (2012, 18, 165min) ★★★★
5.00 **to 6.35** AM **The Mechanic** Action thriller starring Jason Statham. (2011, 15, 93min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.30 AM **The Money Pit** (1985)
9.15 **Beverly Hills Cop 3** Comedy sequel. (1994, 15, 104min) ★★
11.10 **Sausage Party** Animation. (2016, 15, 89min) ★★★
12.50 PM **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
3.00 **Bad Teacher** (2011, 15) ★★★
4.45 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
6.25 **The Naked Gun 33⅓: The Final Insult** Comedy sequel. (1994, 12, 83min) ★★★



10.05 Napoleon Dynamite

8.00 **Yesterday** Danny Boyle's comedy starring Himesh Patel and Lily James. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers the Beatles. With Kate McKinnon. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Napoleon Dynamite** Teen comedy starring Jon Heder as a nerdy teenager growing up in a small Idaho town. With Efren Ramirez. (2004, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
1.20 AM **The Naked Gun 2½: The Smell of Fear** Comedy sequel. (1991, 15, 81min) ★★★
2.50 **The Naked Gun 33⅓: The Final Insult** As 6.25pm.
4.25 **to 6.00** AM **Sometimes I Think About Dying** Comedy. (2023, 12, 93min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.35 AM **Naked Singularity** (1985)
9.30 **The Dry** As shown at 5.50pm.
11.35 **Inferno** Suspense thriller. (2016, 12, 121min) ★★★
1.45 PM **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★
3.55 **Naked Singularity** Crime comedy drama starring John Boyega and Olivia Cooke. (2021, 15, 93min) ★★★
5.50 **The Dry** Drama starring Eric Bana and Genevieve O'Reilly. (2020, 15, 117min) ★★★★

8.00 Vertigo

8.00 **Vertigo** Alfred Hitchcock's thriller starring James Stewart and Kim Novak. A San Francisco detective with a fear of heights is drawn into a complex intrigue. With Barbara Bel Geddes and Tom Helmore. (1958, PG, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Against All Odds** Thriller starring Jeff Bridges. An unemployed football player is hired by a sleazy bookmaker to track down his missing girlfriend. (1984, 18, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
2.10 **The Firm** John Grisham thriller. (1993, 15, 155min) ★★★
4.50 **The Cinema List: Sky Original Thrillers**
5.10 **to 7.00** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Curse of the Mummy** Animation. (2022, PG) ★★★
12.45 PM **Anastasia** Animation. (1997, U, 94min) ★★★
2.35 **The Man from Colorado** Western starring Glenn Ford. (1948, PG, 99min) ★★★
4.35 **First Men in the Moon** Sci-fi drama. (1964, U, 99min) ★★★
6.40 **CutThroat Island** Adventure. (1995, PG, 123min) ★★

9.00 Top Gun: Maverick

CutThroat Island (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Top Gun: Maverick** Action drama sequel starring Tom Cruise and Jennifer Connelly. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. (2022, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.35 **Infinite** Sci-fi thriller starring Mark Wahlberg. A man who has memories of his past lives is recruited to save the human race. (2021, 12, 106min) ★★
1.40 **to 3.55** AM **Sweat** Polish drama following a social media celebrity with admirers but who lacks true intimacy, starring Magdalena Kolesnik. Subtitled. (2020, 15, 106min) ★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.50 AM **The Legend of Zorro**
9.05 **Aquaman** Fantasy adventure. (2018, 12, 143min) ★★★
11.30 **Aquaman and the Lost Kingdom** Adventure sequel. (2023, 12, 124min) ★★★
1.35 PM **The Amazing Spider-Man** Fantasy. (2012, 12, 136min) ★★★
3.55 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12, 122min) ★★★

6.00 **300** Historical adventure. (2006, 15, 116min) ★★★★
8.00 **300: Rise of an Empire** Fantasy adventure sequel starring Sullivan Stapleton. (2014, 15, 100min) ★★★
10.00 **Gladiator II** Drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
12.30 AM **Indiana Jones and the Kingdom of the Crystal Skull**

2.35 **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
4.35 **The Cinema List: Fast Cars**
5.05 **to 7.20** AM **The Legend of Zorro** Action adventure sequel starring Antonio Banderas. (2005, PG, 130min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.25 AM **Fords on Water** Comedy. (1983, 15, 83min) ★★★
9.05 **The Big Chill** (1983, 15) ★★★★
11.00 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
12.40 PM **The Naked Gun 2½: The Smell of Fear** Police comedy sequel. (1991, 15, 81min) ★★★
2.20 **The Naked Gun 33⅓: The Final Insult** Spoof comedy sequel. (1994, 12, 83min) ★★★

4.00 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
6.15 **See No Evil, Hear No Evil** Comedy starring Gene Wilder. (1989, 15, 107min) ★★★
8.00 **Ace Ventura Pet Detective** Hit comedy starring Jim Carrey as a private detective who specialises in tracking down lost pets. (1993, 12, 86min) ★★★★
9.30 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★★

11.10 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
1.10 AM **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
2.55 **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
5.25 **to 7.05** AM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.35 AM **Riverdance: The Animated Adventure** (2021, U) ★★★
8.15 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** As 5.05am.
9.10 **Migration** (2023, U) ★★★
10.45 **Madagascar 3: Europe's Most Wanted** As shown at 3.20am.
12.30 PM **The Prince of Egypt** Animation. (1998, U) ★★★★
2.20 **Barnyard** (2006, PG) ★

4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
5.55 **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★
7.45 **Piece by Piece** Animation. (2024, PG, 100min) ★★★
9.25 **Curious George** Animation. (2006, U, 87min) ★★★★
10.55 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
12.15 AM **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★

1.45 **The Road to El Dorado** Animation. (2000, U) ★★★
3.20 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
5.05 **to 6.00** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★

Movies 24

312 313 419

7.00 AM **A Lot Like Christmas** Comedy. (2021, PG, 86min) ★★
9.00 **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
11.00 **A Novel Noel** Festive romantic drama. (2024, PG, 90min) ★★
1.00 PM **The Santa Summit** Drama. (2023, PG, 90min) ★★
3.00 **Christmas Under the Lights** Drama. (2024, PG, 90min) ★★

5.00 **Sincerely Truly Christmas** Fantasy. (2023, PG, 90min) ★★
7.00 **The Christmas Toy Maker** Drama with Marisol Nichols. The CEO of a small toy company must convince her former business partner to agree to a merger with a much larger firm. (2021, PG, 84min) ★★
9.00 **The Finnish Line** Comedy with Kim Matula and Beau Mirchoff. (2024, PG, 84min) ★★
11.00 **The Christmas Brew** Festive drama. (2024, PG, 89min) ★★

1.00 AM **Ghosts of Christmas Always** Comedy starring Kim Matula. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Debbie Macomber's Joyful Mrs Miracle** Fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **The Crooked Sky** Thriller. (1957, b/w, PG, 77min) ★★
8.05 **Strange Voyage** Adventure. (1946, b/w, U, 80min) ★★
9.20 **Look at Life** Documentary.
9.30 **The Crowded Day** Comedy. (1954, b/w, PG, 82min) ★★★
11.10 **Gallant Journey** Biopic. (1946, b/w, U, 85min) ★★★
12.55 PM **Look at Life** Documentary.

1.05 **The Captain's Paradise** Comedy. (1953, b/w, U, 89min) ★★★
2.50 **Look at Life** Documentary.
3.00 **Crown Court** 85-87/151. (S2)
4.30 **The Heart Within** Crime drama. (1957, b/w, U, 61min) ★★
5.45 **Captain Pirate** Adventure with Louis Hayward and Patricia Medina. (1952, U, 85min) ★★
7.30 **The Cheaters** 9/27. (S2)
8.00 **The Brothers** 7/16. (S7)
9.05 **The Long Haul** Drama starring Victor Mature and Diana Dors. (1957, PG, 100min) ★★★

10.50 **Murder East – Murder West**
12.55 AM **The Night Visitor** Thriller. (1970, 18, 102min) ★★
2.55 **It's Great to Be Young** Comedy. (1956, U, 95min) ★★★
4.45 **to 6.00** AM **Love in High Gear** Comedy with Alberta Vaughn. (1932, b/w, PG, 66min) ★★

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News** A round-up of the latest sports news.
7.00 **Good Morning Sports Fans**
10.00 LIVE **Test Cricket England v India.** Coverage of the first day of the fifth and final Test in the series at The Oval. The last time these two sides met at this venue was in September 2021, when the visitors came away with a 157-run victory. England were given a target of 368 to win but were bowled out for just 210, with only Rory Burns and Haseeb Hameed passing 50 for the hosts in a disappointing chase.
7.00 PM LIVE **WTA & ATP Tennis** Coverage from day five of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments. The third round 12 months ago saw women's top seed Coco Gauff lose 6-4, 6-1 to Diana Shnaider, while the number one seed in the men's event, Jannik Sinner, booked his place in the quarter-finals with a 6-4, 6-3 win over Alejandro Tabilo.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Summer Series** West Ham v Everton.
1.30 Man United v Bournemouth.
2.00 **Premier League 100 Club**
3.00 **Gary Neville's Soccerbox**
4.00 **Premier League Icons**
5.00 **Premier League Summer Series**
7.00 **Premier League Stories** A look at Eddie Howe's effect on the fortunes of Newcastle United.
7.30 **Transfer 360** Edwin van der Sar.
8.00 **Premier League Summer Series** Everton v Bournemouth.
8.30 Man United v West Ham.
9.00 West Ham v Everton.
9.30 Man United v Bournemouth.
10.00 **Class of '92: Full Time**
11.00 **Premier League Stories**
11.30 **Transfer 360** Edwin van der Sar.
12.00 M'T **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Jimmy Glass: Great Escape**
6.30 **EFL Rivalries** Triple bill.
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy** The 2023/24 final.
12.00 NOON **EFL** The 18/19 play-offs.
3.00 PM **EFL Greatest Games**
3.30 **EFL Cup Highlights**
5.00 **Championship Season Review**
6.00 **EFL Highlights** Chesterfield v Walsall at SMH Group Stadium.
6.30 Action from Notts County v AFC Wimbledon at Meadow Lane.
7.00 Highlights from Walsall v Chesterfield at Bescot Stadium.
7.30 Action from AFC Wimbledon v Notts County.
8.00 Action from FC Wimbledon v Walsall in the League Two play-off final at Wembley.
9.00 **Championship Season Review**
10.30 **There's Only One Sauzee**
11.00 **EFL Greatest Games**
12.00 M'T **Dundee United – Champions 83**
12.30 AM **Best SPFL Goals 2022/23**
1.00 **Best SPFL Goals 2021/22**
1.30 **SPFL Highlights**
2.00 **SPFL Greatest Games**
3.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
10.00 LIVE **Test Cricket England v India.** Coverage of the first day of the fifth and final Test in the series from The Oval. The last time these two sides met at this venue was in September 2021, when the visitors came away with a 157-run victory. England were given a target of 368 to win but were bowled out for just 210, with only Rory Burns and Haseeb Hameed passing 50 for the hosts in a disappointing chase.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
9.00 **Test Cricket** England v India.
10.00 **Women's One-Day International Cricket**
11.00 **Test Cricket Bitesize** The first day of England v India in the fifth and final Test of the series.
11.15 **Best of ICC WT20** Highlights from England v India in 2007.
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **On the Road with Iona Stephen**
7.30 **Women's Golf** Highlights.
8.30 **Ladies European Tour Golf**
9.30 **PGA Tour Golf** The 3M Open.
10.30 **Countdown to the Ryder Cup**
11.00 **Women's Golf** Event.
12.00 NOON LIVE **Women's Golf** Coverage of day one of the AIG Women's Open Championship.
7.00 PM LIVE **PGA Tour** The early stages of day one of the Wyndham Championship.
8.00 LIVE **PGA Tour** Further coverage of the opening day of the Wyndham Championship.
11.00 **Women's Golf** Highlights.
12.00 M'T **On the Road with Iona Stephen** With Laura Davies.
1.00 AM **Women's Golf**
2.00 **Golf Academy** Rory McIlroy.
3.00 **AIG Women's Open Official Film 2024**
4.00 **Women's Golf** Highlights.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA All Access**
6.30 **WTA & ATP Tennis**
7.30 **ATP Tour This Week**
8.00 **WTA & ATP Tennis**
12.00 NOON **WTA & ATP Tennis**
4.00 PM LIVE **ATP Tennis** Coverage of day five of the ATP Canadian Open at Sobeys Stadium, Toronto.
5.30 LIVE **WTA & ATP Tennis** Coverage from the fifth day of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
4.00 AM **WTA & ATP Tennis**
4.30 **ATP Sizzle Reel 2024**
4.45 **WTA Sizzle Reel 2024**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Women**
7.00 **British Superbikes Highlights**
8.00 **Porsche Supercup**
9.00 **UTMB World Series Highlights**
10.00 **TNT Sports Reload**
10.15 LIVE **AFL Western Bulldogs v GWS Giants.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **10.30am**.
1.30 PM **Premier League Stories**
2.00 LIVE **Tour de France Women** Coverage of the sixth stage of the race, a 123.7km route from Clermont-Ferrand to Ambert.
5.15 **TNT Sports Reload**
5.30 **MLB Plays of the Week**
6.00 LIVE **MLB New York Yankees v Tampa Bay Rays.** Coverage of the American League East match staged at Yankee Stadium. Start-time **6.05pm**.
9.15 **MLB: Off the Bat**
9.45 **Spirit of Yachting**
10.15 **The Club That George Built**
11.45 **International T20 Cricket**
12.45 AM LIVE **International T20 Cricket West Indies v Pakistan.** Coverage of the first T20 in the three-match series from Central Broward Regional Park in Florida.
5.00 **to 6.00** AM **Test Cricket**

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
6.30 **Discovery Golf** The latest news.
7.00 LIVE **Shanghai Masters Snooker** Coverage of the first session from the quarter-finals at Luwan Gymnasium, Shanghai.
10.30 **Discovery Golf** The latest news.
11.00 **The WRC Magazine**
11.30 **Tour de France Women**
12.30 PM LIVE **Shanghai Masters Snooker** Coverage of the second session from the quarter-finals at Luwan Gymnasium in Shanghai.
4.00 **MLB Highlights**
5.00 **WNBA** Action from Connecticut Sun v Golden State Valkyries.
6.00 LIVE **World Rally Championship** Coverage of Special Stage One of Rally Finland.
7.45 **TNT Sports Reload**
8.00 **AFL** Another chance to see Western Bulldogs v GWS Giants.
9.30 **Race Bikes** Mountain Bike racing.
10.00 **UFC** A chance to see Robert Whittaker v Reinier de Ridder.
1.00 AM **TNT Sports Reload**
1.30 **AFL** Bulldogs v Giants.
3.00 **Tour de France Women**
4.00 **Tour de France Men Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **Lions Best Games**
8.00 **Australia v British & Irish Lions: Second Test 2001**
10.00 **Lions Greatest Games**
11.30 **British and Irish Lions Tour**
2.15 PM **British and Irish Lions Tour** Archive highlights.
6.00 **British and Irish Lions Tour** A chance to see South Africa v British & Irish Lions from 2009.
7.30 **Lions Legends** A profile of legendary British & Irish Lions player Willie John McBride.
7.45 **My Icon** Leon Pryce.
7.55 LIVE **Super League Salford Red Devils v Hull Kingston Rovers.** Coverage of the match from the 20th round of fixtures at Salford Community Stadium. Salford have endured a difficult campaign and are looking to avoid finishing bottom of the table. In contrast, Rovers are in contention to win the League Leaders' Shield despite a recent dip in form. Kick-off **8.00pm**.
10.00 **British and Irish Lions Tour** Australia v British & Irish Lions from Melbourne Cricket Ground.
11.00 **British and Irish Lions Tour**
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Sheffield United v Bristol City.
6.30 Sunderland v Coventry City.
7.00 **Good Morning Sports Fans** News and views on today's stories and a look at the back pages.
10.00 **Sky Sports News** A round-up of the latest sports news.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **Sports Centre** A round-up of the latest sports news with analysis and comments.
5.30 LIVE **WTA & ATP Tennis** Coverage from day five of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments. The third round 12 months ago saw women's top seed Coco Gauff lose 6-4, 6-1 to Diana Shnaider, while the number one seed in the men's event, Jannik Sinner, booked his place in the quarter-finals with a 6-4, 6-3 win over Alejandro Tabilo.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Ladies European Tour Golf**
8.00 **PGA Tour Golf** The 3M Open.
9.00 **Formula 1** Belgian Grand Prix.
11.00 **WTA & ATP Tennis**
1.00 PM **Good Morning Football**
3.00 **Test Cricket** England v India.
6.00 **NBC's Pro-Football Talk**
8.00 **AIG Women's Open Official Film 2024** A review of the tournament held at St Andrews.
9.00 **Ladies European Tour Golf** A review of the ISPS HANDA Women's Scottish Open.
10.00 **PL Greatest Games**
11.00 **Test Cricket** England v India.
12.00 M'T **Super League** Salford Red Devils v Hull Kingston Rovers.
2.05 AM **Women's One-Day International Cricket**
3.00 **EFL Greatest Games**
4.00 **Women's Golf** Highlights.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 415 523 410 432

6.00 AM **Spirit of Yachting**
6.30 **International T20 Cricket Highlights** West Indies v Australia.
7.30 **Test Cricket Highlights**
8.30 LIVE **Test Cricket Zimbabwe v New Zealand.** Coverage of the second day of the first Test in the two-match series from Queens Sports Club, Bulawayo.
5.00 PM **International T20 Cricket Highlights** West Indies v Australia.
8.00 **Tour de France** Action from the sixth stage of the women's race.
9.00 **Tour de France Highlights** A look back at the best of the action from the men's race.
10.00 **Shanghai Masters Snooker** A look back at action from the fourth day of the tournament.
12.00 M'T **Test Cricket Highlights**
1.00 AM **Discovery Golf**
1.30 **Ultimate Pool** Pairs Cup.
3.00 **Porsche Supercup**
4.00 **to 6.00** AM **Shanghai Masters Snooker**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Stories**
6.30 **Premier League** Another chance to see Chelsea v Everton.
8.00 Aston Villa v Fulham.
9.30 Newcastle United v Chelsea.
11.00 Everton v Southampton.
12.30 PM Another chance to see Manchester United v Aston Villa.
2.00 **MLB Highlights** Action from Major League Baseball.
3.00 **MLB Plays of the Week**
3.30 **Spirit of Yachting** Highlights from the Rolex TP52 World Championship in Portugal.
4.00 **Premier League Stories** The transformation manager Eddie Howe has led at Newcastle United.
4.30 **Premier League Review** A look back at the best action from the 2024/25 season.
8.30 **Premier League Review**
11.30 **ABB FIA Formula E World Championship Highlights**
1.30 **to 6.00** AM **FIM JuniorGP Championship**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
6.55 **LaLiga** Real Madrid v Barcelona.
8.55 **Football's Greatest**
9.25 LIVE **Pre-Season Football Monaco v Torino.** The friendly match from Stade Louis II.
11.30 **Football's Greatest**
12.00 NOON **Transworld Sport**
1.00 PM **LaLiga** Action and features.
4.00 **Football's Greatest**
4.30 **PSA Squash Highlights**
5.30 **World of FreeSports**
6.00 **NASCAR Highlights**
7.00 **LaLiga Specials**
8.00 **DTM Highlights** From Norisring.
9.00 **Indy Autonomous Challenge**
10.00 **LaLiga Specials**
10.30 **FIM Sidecarcross**
11.30 **Motorsport** Le Mans Classic.
12.00 M'T **World Surf League**
1.00 AM **NASCAR Highlights**
2.00 **LaLiga Specials**
2.30 **UK Independent Kart Racing**
4.00 **Transworld Sport**
5.00 **to 6.00** AM **FIM Sidecarcross**

Premier Sports 2

420 552

6.00 AM **Copa Del Rey** Barcelona v Real Madrid in this year's final.
9.00 **LaLiga Specials** Focusing on the top scorer in the 2024/25 season.
9.30 **GP Confidential** A look at all the latest Formula One news.
10.00 **United Rugby Championship**
12.00 NOON **Pre-Season Football** Wolverhampton Wanderers v Lens.
2.00 PM **Football's Greatest**
2.30 **Major League Cricket** Action from the second play-off match.
7.00 **Major League Cricket** A look back at the action from the final.
11.30 **Temples of Sport** Iconic sporting venues from around the globe.
12.30 AM **LaLiga Specials** The top scorer in the 2024/25 season.
1.00 **German Cup** Arminia Bielefeld v VfB Stuttgart in the final.
3.15 **LaLiga Specials** A look back at the best goalkeepers of 2024.
3.30 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
5.30 **to 6.00** AM **NHL: This is Hockey**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** From Hungary.
12.00 NOON **Formula 1** From Belgium.
2.00 PM **F1 Drivers Press Conference**
2.40 **F1 Features**
3.00 **Formula 1** Hungarian Grand Prix.
4.00 **F1 Drivers Press Conference**
4.40 **F1 Features**
5.00 **Formula 1** Belgian Grand Prix.
6.00 **F1 Drivers Press Conference**
6.40 **F1 Features**
7.00 **F1 Classic Races** From Hungary.
8.30 **F1 Drivers Press Conference**
9.10 **F1 Features**
9.30 **Formula 1** Belgian Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 1** Hungarian Grand Prix.
12.00 M'T **F1 Drivers Press Conference**
12.40 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

Friday

1 August

Evening Planner

Comedy

Mrs Brown's Boys
BBC1, 9.30pm (box set, BBC iPlayer)
As the comedy returns, Agnes (Brendan O'Carroll) becomes the subject of a new podcast, which sends Cathy into a spin.

OnDemand

tv+

Chief of War
Available today
Jason Momoa stars in this epic drama about the reunification of the Hawaiian islands during the 18th century.

OnDemand

Paramount+

Twisted Metal
Available today
John and Quiet are forced to compete against each other, as the fantasy drama returns for series two.

OnDemand

prime

Built in Birmingham: Brady and the Blues
Available today
Docuseries going behind the scenes at Birmingham City Football Club.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives...	8.00 Would I Lie to...	8.30 Ghosts	9.00 Here We Go	9.30 Mrs Brown's...	10.00 News; Local News	10.40 St Denis...
	102 BBC2	7.00 Today at the Test		8.00 Gardeners' World		9.00 The Gone		10.00 Rev	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Under the Bridge		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 8 Out of 10 Cats Does Countdown		10.00 First Dates	
	105 5	7.00 A Country Life for Half the Price with...		8.00 Dogs Behaving (Very) Badly: What...		9.00 The Secret Life of Trees		10.00 Dolly Parton: In Her Own Words	
	106 SKY SHOWCASE	7.00 The F1 Show		8.00 An Idiot Abroad		9.00 And Just Like That...		10.00 Mr Bigstuff	
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Destination X			
	116 BBC4	7.00 TOTP: 1998		8.00 Bach and Mendelssohn at the Proms			9.35 TOTP: 1986	10.05 TOTP: 1984	10.35 Cher at...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Family Guy	
	136 MORE4	‹ 6.55 The Dog House New Zealand	7.55 The Dog House			9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox: Celebrity Special for SU2C		10.00 Film: Alita: Battle Angel	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under	7.50 House of the Dragon			9.00 The Pacific		10.05 The Wire	
	110 U&GOLD	7.00 The Vicar of Dibley		8.00 Red Dwarf			9.20 Not Going Out	10.00 The Royle Family	10.40 Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 Junk and Disorderly		8.00 The 1% Club		9.00 Film: Jack Reacher			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Rob Beckett's Smart TV	9.55 Mr Bigstuff		
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Father Brown		10.00 The Boy That Never Was	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Greatest Guitar Riffs	
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Ambulance: Coast and...		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Outback Truckers		9.00 Expedition Bigfoot		10.00 Surviving Jaws	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dodo Heroes		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Titanic: The Digital Resurrection			9.30 Drain the Oceans: Deep Dive		10.30 Hindenburg...
	123 SKY HISTORY	7.00 Forged in Fire		8.00 D-Day: 100 Days to Beat the Third...		9.00 Queens of Ancient Egypt		10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 Greece with Simon Reeve		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.00 I Am Raquel Welch		8.00 The Nazi Cartel		9.00 Liverpool Narcos			
FILMS - Sky Cinema	301 PREMIERE	‹ 6.10 Rumours		8.00 Long Gone Heroes				10.00 Wicked	
	302 FAVOURITES	‹ 5.50 The Fall Guy		8.00 Fight or Flight			9.45 The Equalizer		
	303 ANTI HEROES	‹ 5.40 Fast & Furious Presents Hobbs &...		8.00 Inception					10.30 Blade
	304 GREATS	‹ 6.10 Beverly Hills Cop		8.00 Beverly Hills Cop II			9.50 Beverly Hills Cop 3		
	305 ANIMATION		7.20 Bon Voyage, Charlie Brown		8.45 The Pirates! In an Adventure with Scientists				10.20 Mavka: The Forest Song
	306 SCHOOL'S OUT	‹ 5.40 IF	7.25 Matilda			9.15 The Karate Kid			
	307 ACTION	‹ 5.35 Man of Steel		8.00 Godzilla				10.05 Bad Boys	
	308 COMEDY	‹ 6.30 A Night at the Roxbury		8.00 The Truman Show			9.50 Anyone But You		
	309 THRILLER	‹ 5.45 Red Dragon		8.00 Sherlock Holmes				10.10 There Will Be Blood	
	310 DRAMA	‹ 6.15 Lost in Translation		8.00 Dunkirk				10.00 Funny Girl	
	311 SCI-FI	‹ 6.25 Zombieland		8.00 King Kong					
	313 FILM4	‹ 6.45 Charlie's Angels				9.00 Commando			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Luton Town v AFC Wimbledon (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Transfer 360	8.30 Gary Neville's...	9.00 Champions Show: Liverpool		10.00 PL Icons	10.30 My Origin Story
	403 FOOTBALL	7.00 EFL – Live: Luton Town v AFC Wimbledon (Kick-off 8.00)							10.30 EFL Rivalries
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket				10.00 Best of...	10.30 Best of ICC...
	410 TNT SPORTS 1	‹ 5.30 MLB – Live: Cincinnati Reds v Atlanta Braves (Start-time 5.40)				9.00 PL Stories	9.30 The Muddy Roots of Football		
	411 TNT SPORTS 2	7.00 UEFA Champions League						10.00 World Rally...	10.30 T20 Cricket...

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition The teams trawl an antiques centre in Leominster. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition A visitor's antique automaton delights the dealers. (S)
4.30 **Bridge of Lies** Quiz show hosted by Ross Kemp. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Here We Go

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **Our Lives: Downhill Highs** New edition A mountain biker scales all 282 of Scotland's highest mountains. (S)(AD)

8.00 **Would I Lie to You?** Memorable moments from the hit comedy panel show. (S)(R)
8.30 **Ghosts** 5/7. Alison helps Kitty come to terms with her relationship with her sister. (S3) (S)(R)(AD)

9.00 **Here We Go** New episode 3/7. Robin asks Cherry to join him for a role-playing weekend. (S3) (S)(AD)
■ Entire series on BBC iPlayer
9.30 **NEW SERIES Mrs Brown's Boys** 1/4. Comedy series. *See feature, page 12.* (S5) (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **St Denis Medical** New episode 15/18. Joyce gives an interview to her college alumni magazine. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.00 **St Denis Medical** New episode 16/18. Matt is worried about his mistakes and gets Bruce to help build his confidence, and Ron's teasing makes Joyce question whether her friendship with a pharmaceutical rep is real. (S1) (S)
11.20 **FILM When Harry Met Sally.** Comedy starring Billy Crystal. (S)(AD) (1989, 15, 95min) ★★★★★
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
12.50 PM **Lifeline** (S)(R)(AD)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Universe** Space missions. (S)(R)
5.15 **Flog It!** Muncaster Castle. (S)(R)
6.00 **Richard Osman's House of Games** Rob Deering, Katya Jones, Jayne Middlemiss and Phil Tufnell take part in the quiz. (S)(R)
6.30 **Rick Stein's Food Stories** The chef explores the food traditions of north-west England. (S)(R)(AD)

8.00 Gardeners' World

7.00 **Today at the Test** England v India. Action from the second day of the series-concluding fifth Test from The Oval. England haven't beaten India at this venue since September 2018. (S)

8.00 **Gardeners' World** New edition Sue Kent visits a garden in Anglesey designed to complement wonderful views of water, and Frances Tophill looks at a terraced garden in Bath bursting with unusual plants. (S)

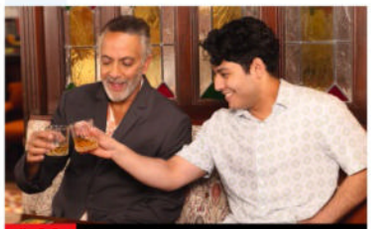
9.00 **The Gone** New episode 2/6. A trashed car and abandoned phone are discovered near the hut Aileen disappeared from, leading the detectives to realise that she was with someone else. (S2) (S)
■ Entire series on BBC iPlayer

10.00 **Rev** 5/6. Tired of feeling excluded and derided by society, Adam develops a bond with a man who hopes to get married at St Saviour's. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Golf: Women's Open Highlights** The second round of the Major staged at Royal Porthcawl. (S)
12.05 AM **FILM The Haunting** Chiller starring Julie Harris and Claire Bloom. A haunted house claims the souls of those that enter it. (S) (1963, b/w, 12, 105min) ★★★★★
1.50 **Sign Zone: Panorama** (S)(R)
2.20 **Sign Zone: Human** The story of humanity across 300,000 years of evolution. (S)(R)(AD)
3.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumani host coverage of day four, featuring the 3.05 King George Stakes and races at 1.20, 1.55, 2.30 and 3.45. With analysis from Jason Weaver and Leonna Major, reports by Oli Bell, Luke Harvey and Sally Ann Grassick, and commentary by Mark Johnson. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



8.00 Coronation Street

7.30 **Emmerdale** Things go from bad to worse for Robert, while Celia is annoyed with Kim for raising the rent, and Lewis encourages Ross to win Steph back. (S)(AD)

8.00 **Coronation Street** Carla sneaks off to see Logan, Todd implores Danielle to let Theo see his kids, Dev's Aunty Rani arrives much earlier than expected, and Lisa decides to confronts Kit about going behind her back. (S)(AD)

9.00 **Under the Bridge** New episode *Blood Oath:* 3/8. Disturbing news shakes the small town of Victoria, and as rumours surface, Rebecca and Cam reconnect. In the past, Reena enters Josephine's mafia fantasy world. (S1) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Creed III** Drama sequel starring Michael B Jordan and Tessa Thompson. When a childhood friend resurfaces after a stint behind bars, Creed is lured back into the ring to settle an old score. With Phylicia Rashad. (S)(AD) (2023, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **The British Airways Killer** Documentary examining the disappearance of Joanna Simpson in 2010. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 1-4/26. (S5) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Connecticut. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A permanent home in Almería, Spain. (S)(R)
4.00 **The Great House Giveaway** Two strangers transform a decrepit property in Aldridge, Walsall. (S)(R)
5.00 **Chateau DIY** New château owners Chris and Jolyon start work on a guest suite. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** In Calp, couple Vicky and Mac seek a retirement home that they can enjoy with their pets. (S)(R)

8.00 Love It or List It: Brilliant Builds

7.00 **News** (S)

8.00 **NEW SERIES Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look back at two builds and house-hunts, which helped bring harmony to couples in Wiltshire and Warwickshire. (S)(AD)

9.00 **8 Out of 10 Cats Does Countdown** New edition Joe Wilkinson and Josh Widdicombe take on Rhod Gilbert and Thaniya Moore in the words and numbers quiz. Comedian Joe Kent-Walters sits in Dictionary Corner. (S)

10.00 **First Dates** New edition Forty-six year-old ex-*Traitors* contestant Ash gets ready for a date with 46-year-old Spanish poet Miguel. Feeling less than adept at flirting, she turns to Fred Sirieix for a crash-course in some banter. (S)(AD)
11.05 **Ramsay's Kitchen Nightmares USA** New edition Gordon Ramsay tries to help an English pub located in Georgetown, Texas. (S)
12.05 AM **FILM Stand by Me** Nostalgic drama starring Wil Wheaton. (S)(AD) (1986, 15, 90min) ★★★★★
1.35 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(SL)(R)
2.25 **Undercover Boss USA** (S)(R)
3.20 **Four in a Bed** (S)(R)
5.35 **to 6.00** AM **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **My Nightmare Office Affair** Thriller starring Marc Herrmann and Laurie Fortier. (S) (2022, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following a couple from Wigan, who volunteer at a donkey sanctuary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly Australia** Animal trainer Graeme Hall meets an anti-social labrador and a bulldog that loves to eat rubbish. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **A Country Life for Half the Price with Kate Humble** New edition 4/8. Kate catches up with a couple who sold their Hemel Hempstead home and moved to a farmhouse. (S)
7.55 **News** (S)
8.00 **Dogs Behaving (Very) Badly: What Happened Next?** New edition Graeme Hall mediates in an all-out turf war between St Bernards Brodie and Rosie and little cockapoo Jasper. (S)
9.00 **The Secret Life of Trees** New edition 2/3. How trees have developed the art of growing and ageing gracefully as they pass from their early years into middle age, and how they even work together to thrive. (S)
10.00 **Dolly Parton: In Her Own Words** The queen of country music guides viewers through her career, the latest chapter of which is her *Rockstar*, Dolly's first rock'n'roll album. (S)(R)
11.30 **The Greatest Hits of 70s Pop** Relive some of the biggest pop hits of the 1970s, from Prog Rock to Glam Rock. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S9) (S)(R)
3.50 **Playgrounds of the Rich & Famous: St Moritz** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Extreme Snakes: Australia** (R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 13/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Separate Vocations:* Bart gains respect for law and order. (S)(R) **5.30** *Lisa's Substitute:* Lisa develops a crush on a supply teacher at her school. (S)(R) **6.00** *Dog of Death:* Santa's Little Helper runs away and is adopted by Mr Burns. (S)(R) **6.30** *Colonel Homer:* Homer becomes a country singer's manager. (S)(R)

9.00 And Just Like That...

7.00 **The F1 Show** A preview of the Hungarian Grand Prix at Hungaroring. (R)
8.00 **An Idiot Abroad** Karl Pilkington visits Mexico and immerses himself in the country's culture before heading for Chichen Itza, home to temples that were built between the 9th and 12th Centuries. (S)(R)(AD)
9.00 **And Just Like That...** New episode 10/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker. (S3)
10.00 **Mr Bigstuff** 3/6. Glen is left reeling from an old home video, leading to a bust-up between him and Lee. (S)(R)(AD) **10.30** 4/6. Lee and Glen go to a family reunion, but a surprise awaits. (S2) (R)(AD)
11.00 **Ricky Gervais: Politics** The comedian and actor's second live stand-up show. (S)(R)
12.20 AM **Sex and the City** 15&16/20. (S6) (S)(R)
1.35 **The Office (US)** (S8) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 13/22. (S5) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
12.55am High Country (S)(R)(AD) **1.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.30pm Back in the Day New edition (S) **8.00-8.30** Wales' Home of the Year (S)(R) **11.20** Mike Bubbins: Throwback (S)(R) **12.25am** FILM When Harry Met Sally... (S)(AD) (1989, 15, 90min) ★★★★★ **1.55-6.00am** BBC News (S)

BBC1 London
Sky 951, Freesat 951
8.00-8.30pm NEW For Rent: Rooms Under the Radar (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Gwladfa: Gwilym Bowen Rhys **1.30** Cymry ar Gynfas **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Trysorau'r Teulu **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cais Quinnell (AD) **6.30** Garddio a Mwy **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW SERIES Eisteddfod Genedlaethol – Rhagflas yr Eisteddfod **8.55** Newyddion a'r Tywydd **9.00** Cynefin **10.00** Curadur **10.30-11.35pm** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy Clarkson and James May take part in a race between a car and a yacht in New Zealand.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** 9/10. Megan performs in front of 150 people at her live podcast event. **8.30** 10/10. Amy gets the results of her scan to find out what is causing her abdominal pain.
9.00 **Destination X** 1/10. The players are thrown in at the deep end when they arrive at a German airport. **10.00** 2/10. Rob Brydon hosts the travel-based competition show.
11.00 **Dinosaur** 3&4/6. (S1)
11.55 **Paddy & Molly: Show No Mersey** Paddy gets big news from his medical team. **12.25** AM Paddy tries DIY.
12.50 **Top Gear** As 7.00pm.
1.50 **Dinosaur** 3&4/6. (S1)
2.45 **Paddy & Molly: Show No Mersey** Double bill.
3.45 **to 4.00** AM **Ellie & Natasia**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Music by Cornershop and Celine Dion. **7.30** With Natalie Imbruglia, Simple Minds and Five.
8.00 **Bach and Mendelssohn at the Proms** New edition The first televised Prom from the Glasshouse in Gateshead, featuring two classical works – Bach's Keyboard *Concerto in D Minor* and Mendelssohn's *Lobgesang* Symphony.
9.35 **TOTP: 1986** Featuring Spandau Ballet, The Jesus and Mary Chain and Five Star.
10.05 **TOTP: 1984** Music by Prince and George Michael.
10.35 **Cher at the BBC** Archive footage of the singer's performances on various BBC programmes.
11.35 **Cher Meets Rylan** The singer and actor chats to the Radio 2 presenter.
12.35 AM **Viva La Diva: the Queens of Pop** Profiles of Beyoncé and Grace Jones.
1.35 **TOTP: 1998** Double bill.
2.35 **TOTP: 1986** As 9.40pm.
3.05 **to 3.35** AM **TOTP: 1984**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun** Back-to-back editions.
12.35 PM **Come Dine with Me** Five editions of the culinary challenge from Leeds.
3.10 **Four in a Bed** Five editions. This week's contest kicks off at The Oaks Luxury Lodges in County Londonderry.
5.55 **Kirstie and Phil's Love It or List It** Phil Spencer catches up with a Lancashire couple he and Kirstie Allsopp helped five years ago.
6.55 **The Dog House New Zealand** Series finale A woman and her two grown-up children meet a gentle dog who was used for air rifle target practice in his former life.
7.55 **The Dog House** 2/9. A cheeky Jack Russell seeks a new home after his owner became unwell.
9.00 **The Sommerdahl Murders** Series finale 7&8/8. Dan and Flemming must work together when a shipyard owner is found dead in her car in a forest with her beloved pedigree dog missing. Subtitled. (S3)
11.00 **24 Hours in A&E** A woman is airlifted after falling off her mobility scooter.
12.00 M'T **999: On the Front Line**
1.05 AM **24 Hours in A&E**
3.10 **to 3.40** AM **Supermarkets Unwrapped: Snacks Aisle**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons** Double bill of the animated comedy.
7.00 **The Simpsons** *Three Gays of the Condo:* Homer moves in with a gay couple. **7.30** *Barting Over:* Bart legally separates from his parents and moves out.
8.00 **Below Deck** New edition Dylan tries his luck with some attractive guests.
9.00 **Gogglebox: Celebrity Special for SU2C** Programmes appraised include *The Watcher*.
10.00 FILM **Alita: Battle Angel** Fantasy starring Rosa Salazar. (2019, 12, 117min) ★★★★
12.25 AM **The Big Bang Theory**
1.25 **The Simpsons**
1.55 **Brooklyn Nine-Nine**
2.50 **The Goldbergs**
3.15 **Below Deck**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **Modern Family**
5.25 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 9/10. (S7)
12.00 NOON **FBI** 9/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 9/22. Barnes and Jess are caught up in a mall shooting. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

8.00 Chicago Med

7 PM
7.00 **Nothing to Declare** Double bill following the lives of customs and immigration officers at Australia's airports.

8 PM
8.00 **Chicago Med** New episode *Acid Test:* 14/22. Hannah and Naomi seek the cause of a young girl's infection. (S10)

9 PM
9.00 **Chicago Fire** New episode *Bar Time:* 14/22. A visitor from Novak's past joins Ambo for a ride-along. (S13)

10 PM
10.00 **Chicago PD** New episode *Marie:* 14/22. Ruzek grapples with his father's worsening condition. (S12)
11.00 **FBI: International** 11/13. A former Irish Republican Army member is shot. (S3)
12.00 M'T **FBI: International** (S3)
2.00 **The Good Doctor** (S7)
4.00 AM **The Real A&E**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 3&4/12. (S2)
10.00 **Six Feet Under** (S2)
12.00 NOON **House of the Dragon**
1.10 PM **The Art of Joy** (S1)
3.35 **True Blood** 3/12. Bill and Eric team up to save Sookie. **4.40** 4/12. Sookie and Bill try to find the leader of a vampire community in Dallas. (S2)
5.40 **Six Feet Under** 10/13. Claire begins her new hobby. **6.45** 11/13. Rabbi Ari gives Nate and Brenda advice. (S2)

9.00 The Pacific

7.50 **House of the Dragon** *The Lord of the Tides:* 8/10. Six years later, the succession plans for Driftmark become critical, and Rhaenyra strikes a bargain with Rhaenys. (S1)

9.00 **The Pacific** *Basilone:* 2/10. Sgt Basilone's company defends the Guadalcanal airfield. (S1)

10.05 **The Wire** – *30 –:* 10/10. Carcetti orders a cover-up after Daniels tells him that McNulty fabricated the serial killer story. (S5)
11.45 **Homicide: Life on the Street** 21/22. Sheppard and Ballard investigate the death of a teenage gang member. (S7)
12.45 AM **The Time Traveler's Wife**
1.50 **Gomorrah** 7&8/12. (S2)
3.50 **House of the Dragon**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
8.00 **Magnum P.I.** 8/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 5/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 13/22. (S5)
5.00 **SEAL Team** 4/22. Radicals kidnap a foreign service officer in Mumbai. (S2)
6.00 **Stargate Atlantis** 17/20. The team become embroiled in a Genii coup. (S2)

8.00 An Idiot Abroad

7.00 **Stargate Atlantis** *Michael:* 18/20. A soldier awakes in Atlantis with no memory of his past or his identity. (S2)

8.00 **An Idiot Abroad** 4/8. Karl Pilkington tries to immerse himself in Mexican culture, before heading for Chichen Itza

9.00 **Rob Beckett's Smart TV** With contestants Chris McCausland, Jason Watkins, Charlotte Ritchie and Richard Madeley.

9.55 **Mr Bigstuff** 3/6. Glen is left reeling from an old home video. **10.30** 4/6. Lee and Glen head to a reunion. (S2)
11.00 **S.W.A.T** 2/22. The team tackles a violent gang. (S8)
12.00 M'T **Strike Back: Vendetta** 5/10. The team race to stop a terrorist attack. (S8)
1.00 AM **The Force: Manchester**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 13/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt...**
6.00 **Celebrity Catchphrase**

10.05 Family Guy

7.00 **Deal or No Deal** Stephen Mulhern hosts as Eva takes on the Banker for the chance to win life-changing money.

8.00 **Million Dollar Listing: LA** A three-way negotiation between Flagg, Tracy and Altman leaves Flagg without a house to sell.

9.00 **Love Island** New edition Reality show in which singletons seeking romance compete in the hope of finding love.

10.05 **Family Guy** 15/18. Brian goes to obedience classes. **10.35** 11/18. The guys decide to form a detective agency. (S13)
11.05 **Family Guy** 12/18. Stewie impregnates himself with Brian's DNA. (S13)
11.35 **American Dad!** 8&2/22. (S12)
12.35 AM **Bob's Burgers** 6/22. (S11)
1.05 **Transaction** 6/6. (S1)
1.35 **Plebs** 1&2/8. (S3)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Dead Air.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Sins of Commission:* A prize-winning author is killed on the eve of the Midsomer Literary Festival.
5.50 **Heartbeat** *Old Colonials:* Jo leads a group of schoolchildren across Lord Ashfordly's land, disrupting the local hunt.

8.00 Midsomer Murders

6.55 **Heartbeat** *Forget Me Not:* A man begins receiving nuisance calls after a mysterious stranger moves into the village.

8.00 **Midsomer Murders** *The Great and the Good:* Schoolteacher Connie Bishop keeps waking in the night, believing she has an intruder, but her neighbours are unconvinced – until a local councillor is found dead in her garden.

10.00 **Foyle's War** *All Clear:* Foyle is enlisted as the police representative on the Victory Day Celebrations Committee.
11.55 **Broadchurch** 3/8. Hardy and Ellie appeal to Trish to be more open with them. **12.55** AM 4/8. Trish returns to the scene of the crime to try remember something more about the attack. (S3)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship** Arbroath v Ayr United: Coverage of the opening match of the season in the division staged at Gayfield Park. Kick-off is at 7.45.
10.00 **Still Game** 8/9. Jack and Victor become detectives when they think Pete the Jakey might be working for the secret service. (S2)
10.30 **The Chief** 3/4. Miekelson is made aware of a potential newspaper scoop featuring a leaked recording that could sink his whole career. (S1)
11.00 PM **to 12.00** M'T NEW **TRNSMT** Shereen Cutkelvin presents a selection of highlights from all three days of the festival in Glasgow.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **The Conners** (S1)
10.00 **Vice Principals** (S2)
11.20 **Camping (US)** (S1)
12.40 PM **Silicon Valley** (S5)
2.00 **Vice Principals** (S2)
3.20 **High Maintenance** (S3)
4.25 **Camping (US)** (S1)
5.45 **The Conners** (S1)
6.45 **The Office (US)** (S8)
7.45 **Silicon Valley** 5/7. Dinesh's trip to Hawaii turns into a nightmare. **8.20** 6/7. Richard, Dinesh, Gilfoyle and Jared face their greatest challenge yet. (S6)
9.00 **And Just Like That...** 10/12. *Sex and the City* revival starring Sarah Jessica Parker. (S3)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Ricky Gervais: Politics**
12.20 AM **Sex and the City**
1.35 **Entourage** 7&8/8. (S1)
2.50 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Musical Masterpieces**
3.00 **Skinner & Mina's Literary Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Clips from 1976.
9.00 NEW **Opry Live**
10.00 **Greatest Guitar Riffs**
11.00 **The Thousand and One Musical Lives of Fleetwood Mac**
12.15 AM **Eric Clapton's Crossroads Live In LA**
2.45 **Classic Albums**
4.00 **The Art of Architecture**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe**
7.00 **Star Trek: The Next Generation** *We'll Always Have Paris:* 24/26. (S1)
8.00 **Star Trek: Deep Space Nine** 8/26. (S3)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 6/22. (S5)
12.00 M'T **Britain's Most Evil Killers** Harold Shipman.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show, hosted by Ben Shepherd.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show, hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show, hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the Banker for a chance to win big.
9.00 **Tipping Point** Triple bill of the game show, hosted by Ben Shepherd.
12.00 M'T **Pictionary** Double bill of the game show, hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 8/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 3&4/22. (S2)
12.00 NOON **Highway to Heaven** 15/25. (S1)
1.00 PM **Father Dowling Mysteries** 13/13. (S2)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 10&11/25. (S8)
9.00 FILM **Star Trek V: The Final Frontier** Sci-fi adventure sequel starring William Shatner, Leonard Nimoy and DeForest Kelley. (1989, PG, 100min) ★★
11.20 **The Avengers** (S6)
12.20 AM **M*A*S*H** (S8)
1.20 **Airline USA**
2.00 **Hart to Hart** 8/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **The Return of Sherlock Holmes** Period drama.
8.25 **Kojak** Double bill.
10.35 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Return of Sherlock Holmes** Period drama.
1.45 **Kojak** Double bill.
3.55 **Magnum, PI**
5.55 **Minder** 7/13. While Arthur is away on business, Ray is given the task of guarding a valuable racing pigeon. (S8)

8.00 The 1% Club

7.00 **Junk and Disorderly** Henry Cole, Allen Millyard and Guy Willison head to an auto jumble at Stratford Racecourse.

8.00 **The 1% Club** Quiz game show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 FILM **Jack Reacher** Action thriller starring Tom Cruise. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.35 AM **Dark Side of the Ring** The troubled story of Nick Gage.
2.25 **The Protectors** The team hunt industrial spies. (S2)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 22/26. (S7)
2.00 **Primeval** 2/6. (S1)
3.00 **Stargate Atlantis** 19/20. (S2)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: The Next Generation** 22/26. (S7)
6.00 **Star Trek: Enterprise** 9/22. Part three of three. Archer tries to take the Kir'Shara to the Vulcan capital. (S4)

11.00 True Blood

7.00 **Primeval** 2/6. Cutter investigates an invasion of giant spiders, and Abby is unimpressed by Connor's romantic overtures (S1)

8.00 **Stargate Atlantis** *Inferno:* 19/20. The team encounter a civilisation about to be destroyed by a super-volcano. (S2)

9.00 **The Leftovers** *The Prodigal Son Returns:* 10/10. Mapleton is plunged into chaos on Memorial Day. (S1)

10.00 **The Walking Dead** *A Certain Doom:* 16/22. The communities face the final battle of the Whisperer War. (S10)

11.00 **True Blood** 11/12. Russell's quest to be able to walk in the daylight takes him to the fairy burlesque club. **12.00** M'T 12/12. Eric leads a desperate mission to stop Bill and the Authority. (S5)
1.00 AM **Wynonna Earp** (S4)
3.00 **Primeval** See 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown**
10.00 **The Mentalist** 9/23. (S1)
11.00 **Hudson & Rex** 15/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 9/23. (S1)
5.00 **Hudson & Rex** 15/16. (S4)
6.00 **Father Brown** *The Gardeners of Eden:* A celebrity florist ends up bringing glamour and murder to Kembleford.

10.00 The Boy That Never Was

7.00 **Miss Scarlet and the Duke** 3/6. Eliza tracks down a notorious con-man at a hotel in the French countryside. (S3)

8.00 **Death in Paradise** *Until Death Do You Part:* 4/8. A hen party ends in tragedy when the bride-to-be is found dead. (S4)

9.00 **Father Brown** *The Battle of Kembleford:* The priest investigates when a murder is committed at a battle re-enactment.

10.00 **The Boy That Never Was** 2/4. Robin's behaviour grows mysterious when she Googles a woman called Eva Doyle. (S1)

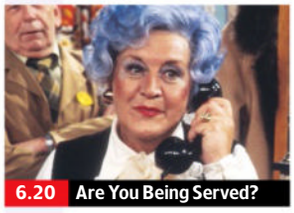
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 AM **Father Brown** As 9.00pm.
2.00 AM **Murdoch Mysteries** 2/18. Fire rages in the city. (S10)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Keeping Up Appearances**
7.55 **I Didn't Know You Cared**
8.35 **Last of the Summer Wine**
9.55 **Keeping Up Appearances**
10.30 **Are You Being Served?**
11.10 **Still Open All Hours**
11.50 **Last of the Summer Wine**
1.10 PM **Keeping Up Appearances**
1.50 **Dad's Army**
3.10 **Still Open All Hours**
3.50 **Are You Being Served?**
4.25 **Last of the Summer Wine**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**


6.20 Are You Being Served?

7.00 **The Vicar of Dibley** A summer water shortage presents problems for Geraldine and the village locals.

8.00 **Red Dwarf** First-ever episode. Dave Lister finds he is the last survivor of the human race. **8.40** The crew get the chance to see echoes of events yet to happen.

9.20 **Not Going Out** Lee imagines having the perfect life with Lucy.

10.00 **The Royle Family** The Royles celebrate Antony's 18th birthday.

10.40 **The Fast Show** Comedy sketch show.

11.20 **Not Going Out** Tim becomes part of a band at work and Lucy falls for the lead guitarist.
12.00 M'T **Mrs Brown's Boys**
12.40 AM **Not Going Out**
1.20 **The Royle Family**
2.00 **The Fast Show**
2.40 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Red Bull Soapbox Race 2022** Action from Brussels.
8.00 **Special Ops: Crime Squad UK**
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Bruce is hit with some devastating news.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Rick explores the Fowey Estuary.
6.00 **Hairy Bikers' Best of British** The duo celebrate Britain's taste for exotic food.

9.00 QI

7.00 **Would I Lie to You?** With Keeley Hawes, Kevin Bridges, Stephen Mangan and Professor Brian Cox.
7.40 **Richard Osman's House of Games** With Sean Fletcher, Louise Minchin and Chris Washington. **8.20** With Ade Adepitan and Jean Johansson.

9.00 **QI** Sandi Toksvig hosts the quiz show, with Nish Kumar, Mark Steel and Suzi Ruffell joining regular panellist Alan Davies.

10.00 **Have I Got a Bit More News for You** Jo Brand guest hosts the quiz, with panellists Feargal Sharkey and Zoe Lyons.

11.00 **Taskmaster** The series reaches its majestic climax.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Supercruising: Life at Sea** The crew prepare to set sail.
9.00 **24 Hours in A&E** A former lollipop lady is attacked by her cat.
10.00 **Gogglebox** *I'm a Celebrity... Get Me Out of Here!* is assessed. **11.05** Appraisals of *The Day of the Jackal* and *University Challenge*.
12.05 AM **First Dates**
1.05 **8 Out of 10 Cats Does Countdown**
2.05 **1,000 Men and Me: The Bonnie Blue Story**
3.25 **Can't Sell, Must Sell**
4.25 **to 4.55** AM **Travel Man: 48 Hours In Malmö**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 22-24/24. (S4)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Dog Tags:* 13/19. A suspected drug-smuggler is apparently killed by his own dog. **7.00** *Internal Affairs:* 14/19. Shepard becomes the prime suspect in the murder of La Grenouille. **8.00** *In the Zone:* 15/19. A Marine is killed in Baghdad. (S5)
9.00 **Person of Interest** *Til Death:* 8/22. Reese and Finch protect the married owners of a publishing house. **10.00** *COD:* 9/22. An abandoned laptop puts a taxi driver's life in danger. (S2)
11.00 **Law & Order: Special Victims Unit** (S16)
12.55 AM **The Resident** (S2)
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **The Wedding Planner** Romantic comedy starring Jennifer Lopez and Matthew McConaughey. A lovelorn wedding organiser falls in love with her new client's groom-to-be. (2001, PG, 103min) ★★★
11.05 **Banged Up Abroad**
1.05 AM **Casualty 24/7: Every Second Counts**
2.05 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Motorway Patrol**
9.40 **Traffic Cops**
10.40 **Police Interceptors**
12.45 PM **The Motorway**
1.45 FILM **The Three Musketeers: The Queen's Diamonds** Swashbuckling adventure starring Michael York. (1973, PG, 102min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Police Interceptors** Officers are deployed to track down burglars. **8.00** Officers are kept busy as World Cup fever hits Essex.
9.00 **Police: Suspect No 1**
10.00 **The Motorway**
11.00 **Cops** Double bill.
12.00 M'T **Motorway Cops: Britain's Speeders**.
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **Inside the Ambulance** Loz and Dan rush to a man who is fighting for breath with chest pain.
8.00 **Inside the Ambulance: Coast and Country** Crews require support from the fire brigade to rescue a woman stuck inside her locked house.
9.00 **999 Rescue Squad** The team help a biker injured in a crash. **10.00** A dangerous driver causes carnage.
11.00 **Ghosts** Triple bill.
12.55 AM **My Kitchen Rules: Australia** Contest.
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **Tenko**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown**
9.00 **Whitstable Pearl** New episode *Death, the Devil and the Fool:* 2/6. A young girl goes missing at the Whitstable Psychic Fair. (S3)
10.00 **New Tricks**
11.20 **Spooks** 2/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Brendan Cole.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Louise Gostelow and David Harper go antique shopping in Wales. **8.00** Louise Gostelow and David Harper go antique shopping in West Yorkshire.
9.00 **Saving Lives at Sea** The RNLI crew rescue two fossil hunters in Whitby. **10.00** The Swanage lifeboat crew race to rescue an injured climber.
11.00 **Helicopter ER**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** With Michelle Collins and Christopher Biggins.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show hosted by Chris Tarrant.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?**
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Good Day for a Hanging** Western. (1958, U, 85min) ★★
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S2)
1.00 PM **FILM 7th Cavalry** Western with Randolph Scott and Barbara Hale. (1956, U, 77min) ★★★
2.45 **FILM Lawman** Western. (1970, 15, 99min) ★
5.00 **Wanted: Dead or Alive**
6.00 **Bonanza** 6/34. (S2)
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The Wonderful Country** Western starring Robert Mitchum. (1959, U, 98min) ★★
11.15 **FILM Last Knights** Action adventure starring Clive Owen. (2015, 15, 112min) ★★
1.40 AM **FILM Deadly Voltage** Action adventure. (2015, PG, 84min) ★★
3.30 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

6.00 AM **Air Rescue**
6.25 **FILM Below the Surface** Thriller. (2016, PG) ★★
8.00 **Paddington Station 24/7**
9.00 **Saving Lives at Sea**
10.00 **FILM Hidden Truth** Thriller. (2016, 12) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Mistaken** Thriller. (2008, 12) ★★
2.55 **FILM Twisted Sisters** Thriller. (2016, PG) ★★
5.00 **FILM A Lover Betrayed** Thriller. (2017, 12) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM All the Pretty Horses** Western. (2000, 15, 118min) ★★
11.30 **FILM Dangerous Attraction** Thriller. (2012, PG, 90min) ★★
1.35 AM **FILM A Daughter's Deception** Thriller. (2019, 12, 85min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM The Work Wife** (2018) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love Locks** Drama. (2017, PG) ★★
10.05 **FILM Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
12.10 PM **FILM The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
2.00 **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
4.00 **FILM Wedding Do Over** Drama. (2018, PG) ★★
5.55 **FILM The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
8.00 **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
9.55 **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
11.50 **FILM Love on the Rise** Drama. (2020, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Two Chefs and a Wedding Cake** As 2.00pm.

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 6/36. (S1)
10.30 **I Dream of Jeannie** (S1)
11.00 **Jokers Wild**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 3/7. (S2)
12.30 PM **You're Only Young...**
1.00 **Mapp and Lucia** (S2)
2.00 **FILM His Girl Friday** (1940, b/w, U) ★★★★★
3.45 **Auto Rewind**
4.00 **Blue Thunder** 8/11. (S1)
5.00 **Lucky Feller** 7/13. (S1)
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 7/13. (S1)
9.00 **Bramwell** 6/8. (S2)
10.00 **Soap** 19/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Brain That Wouldn't Die** (1963) ★
1.45 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Documentary.
7.00 **Deadliest Catch** Life aboard ship in the Alaskan crab-fishing fleet, following the successes and failures of crewmen as they risk harsh conditions in the course of their work.
9.00 **Chasing Classic Cars** Wayne reverse engineers a gearless transmission for a 1912 Cartercar. **10.00** At auction, Wayne's '30 Ford Model A faces stiff competition.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Nadiya's Fast Flavours**
10.00 **Hairy Bikers' Mississippi Adventure**
11.00 **Great British Bake Off**
1.00 PM **Maneet's Eats**
1.30 **Nadiya's Fast Flavours**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Nadiya's Fast Flavours**
6.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **Cook & Share**
10.00 **City Bakes** Bergen.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/25. (S7)
9.00 **The Fall Guy** 16/23. (S2)
10.00 **Knight Rider** 7/22. (S4)
11.00 **FILM Shark Season** Thriller. (2020, PG) ★★
1.00 PM **FILM Raise the Titanic** Action drama. (1980, PG, 112min) ★★
3.15 **FILM Invasion of the Body Snatchers** Sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
5.00 **Star Trek** 8/24. (S3)
6.00 **Knight Rider** 8/22. (S4)
7.00 **The Fall Guy** 17/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Terminal Velocity** Espionage action thriller. (1994, 15, 102min) ★★
11.05 **FILM Limitless** Action thriller. (2011, 15, 104min) ★★★★
1.10 AM **FILM Precious Cargo** Crime thriller. (2016, 15, 87min) ★★
3.05 **to 4.50** AM **FILM The Disappearance** Thriller. (1977, 15, 102min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Moby Dick** As shown at 5.00pm.
8.00 **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
10.00 **The Lost World** (S3)
11.00 **FILM Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 9/23. (S4)
5.00 **FILM Moby Dick** Thriller starring Barry Bostwick. (2010, 12, 87min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 10/23. (S4)
9.00 **FILM The Outsider** Crime action thriller starring Craig Fairbrass. (2014, 15, 94min) ★★
10.55 **FILM Fugitives** Thriller starring Dominic Purcell. (2015, 15, 86min) ★★
1.00 **to 3.00** AM **FILM The Outsider** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Cumbria.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There: Bermuda Triangle**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal Survivor**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Amazing Railway Adventures with Nick Knowles**
11.00 **Ben Fogle: New Lives...**
12.00 NOON **Reuben & Clive: Beyond the Yorkshire Farm**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** In Spain.
9.00 **The Hardacres**
11.00 **All Creatures Great and Small**
12.00 M'T **Yorkshire Great and Small with Dan and Helen** In Malham.
1.00 AM **The Hotel Inspector**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Boca Raton.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home International** The hunt for a semi-detached home with a special gaming room. **9.30** A couple have £600,000 to spend on their dream home.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town Takeover**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
4.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **The Bad Skin Clinic**
8.00 **My 600lb Life** Focusing on Krystal, who began overeating as a reaction. **10.00** A man who picked up bad eating habits.
12.00 M'T **My Extreme Excess Skin** A woman cannot bear her children touching her loose skin.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 17&18/22. (S4)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 8-11/24. (S4)
1.00 PM **Friends** (S4&5)
8.00 **Friends** 6/24. Emily asks Ross to move away. **8.30** 7/24. Ross moves into Chandler and Joey's apartment. (S5)
9.00 **Michael McIntyre's Big Show** With Ellie Goulding.
10.00 **Whose Line Is It Anyway? USA**
11.00 **South Park** (S27&2)
12.00 M'T **Police Squad!**
1.00 AM **South Park** (S13)
2.00 **MTV Cribs: Comedians Specials**
2.30 **Beavis and Butt-Head**
2.40 **Key & Peele**
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 6&7/13. (S2)
11.00 **Friends** 1-4/24. (S8)
1.00 PM **Impractical Jokers**
2.00 **Daria** 8&9/13. (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 8-11/24. (S4)
9.00 **New Girl** 21&22/22. (S5)
10.00 **Friends** 2-5/24. (S4)
12.00 M'T **Andy Parsons : Live & Unleashed – But Naturally Cautious**
1.55 AM **Ardal O'Hanlon: Comedy Central Live**
2.25 **Jack Dee Live at the Apollo** Stand-up show.
3.20 **Fin Taylor: Comedy Central Live**
3.45 **Jen Brister: Meaningless**
4.50 **Jeff Dunham: Comedy Central Live**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 9&10/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Police combat vehicle crime.
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Danny Dyer.
2.00 **Road Wars** As 9.00pm.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Models**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Celebs on the Ranch** Rancher Rick decides who will be the first star to leave the ranch.
8.00 **Catfish UK** Ray has asked for help to meet Helen, who he has been texting for over a year.
9.00 **Skin A&E** The specialist clinic opens its doors.
10.00 **Oasis: MTV Unplugged**
11.00 **Nirvana: MTV Unplugged** From 1993.
12.00 M'T **Beavis and Butt-Head** 4&5/32. (S4)
12.30 AM **Jackass**
1.00 **Ink Master**
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: Mine Rescue with Freddy & Juan** A BC miner is going broke. **4.00** Juan must pull off a masterclass in jig upgrades.
5.00 **Building Off the Grid** A young man builds his first off-the-grid home in rural Illinois.
6.00 **Border Control: Spain** Double bill of the documentary series.

9.00 Expedition Bigfoot

7.00 **Wheeler Dealers** Mike surprises Elvis with a Caterham Seven, but the size of the restoration job is bigger than expected.
8.00 **Outback Truckers** Truck driving couple Ash Bryant and Darryl Armfield are on a time critical job shifting 200 cattle.
9.00 **Expedition Bigfoot** New edition Russell follows a trail of signs south of a chokepoint, and Bryce speaks to a witness.
10.00 NEW **Surviving Jaws** Experts dive with great whites to separate fact from cinematic fiction.
11.00 NEW SERIES **Expedition X: Malpelo Monster Shark** The team track a monster shark.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **Surviving Jaws** As 10.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Fish or Die** Documentary.
10.00 **Tanked** With Chris Jericho.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** A system of tunnels for a family's chinchillas. **4.00** An outdoor area for a Savannah cat and foster kittens.
5.00 **Lone Star Law** A patrol on Lake Texoma leads to arrests.
6.00 **Dr Jeff: Rocky Mountain Vet** An unusual pet who is fast outgrowing his enclosure.

8.00 Dodo Heroes

7.00 **Treehouse Masters** Pete Nelson designs a beehive-style structure for couple Donald and Alison Farmer.
8.00 **Dodo Heroes** Katherine Connor, who runs an elephant sanctuary in Thailand, and wants to save an ageing elephant.
9.00 **Alaska: The Last Frontier** The Kilchers celebrate Thanksgiving with some friends who have helped them prepare for winter.
10.00 **Alaskan Bush People** Bird and Gabe are forced to take action when a hungry predator approaches them.
11.00 **Pit Bulls & Parolees** Tia's leg injury is making work difficult.
12.00 M'T **Crikey! It's the Irwins** Bindi awaits the birth of the zoo's first tiger cub in years.
1.00 AM **Dodo Heroes** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Plane Crash Recreated**
2.00 PM **Seconds from Disaster**
3.00 **Secret Nazi Science** Nazi scientists' research into securing weather data.
4.00 **Hurricane Katrina: Race Against Time** New Orleans is flooded after the levees breach.
5.00 **Car S.O.S** A Mk 3 Ford Cortina.
6.00 **Extreme China** One of China's underwater cave systems.

8.00 Titanic: The Digital...

7.00 **Air Crash Investigation** Attempts to find the cause of a collision between a passenger plane and a small private aircraft.
8.00 **Titanic: The Digital Resurrection** Using scanning technology, a team of experts produce the first high-resolution, 3D digital reproduction of the most shipwreck.
9.30 **Drain the Oceans: Deep Dive** The tragic trail of wreckage at Pearl Harbour, including HMS *Prince of Wales* and USS *Lexington*, in the ocean.
10.30 **Hindenburg: The New Evidence** Recovered film footage provides insight into the zeppelin crash.
11.30 **Air Crash Investigation**
12.30 AM **Trafficked with Mariana Van Zeller** Documentary.
1.30 **Inside Airport Lost & Found**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Pawn Stars Do America**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Evidence of the Unexplained** UFO files.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Lost U-Boats of WWII**
5.00 **What on Earth?** Scientists go on a search for El Dorado.
6.00 **American Pickers** The brothers explore a private arcade.

10.00 Ancient Aliens

7.00 **Forged in Fire** Four bladesmiths try to salvage steel from a massive railroad track to make their signature big blades.
8.00 **D-Day: 100 Days to Beat the Third Reich** 2/2. Examining the 100 days it took for the Allies to liberate Normandy.
9.00 **Queens of Ancient Egypt** Queen Tiye, wife of the Egyptian pharaoh Amenhotep III and mother of Akhenaten.
10.00 NEW SERIES **Ancient Aliens Special Presentation** A look into the possibility that aliens have visited Earth.
12.00 M'T **Close Encounters** Strange lights reported in 1980 by security officers near the East Gate of RAF Woodbridge **12.30** AM Sightings of an orange football-shaped object.
12.55 AM **The Proof Is Out There**
1.50 **Thomas Jefferson**
2.50 **What on Earth?** As 5.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **World War Weird** A series of murders during the Blitz.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from the National Maritime Museum Cornwall.

6.00 Antiques Roadshow

7.00 **Greece with Simon Reeve** 2/2. Simon travels from the Peloponnese peninsula into the north of the country.
8.00 **'Allo 'Allo!** General Von Klinkerhoffen decides to restart the local newspaper. **8.40** Michelle tries to steal the *Fallen Madonna* from Herr Flick to boost the Resistance funds. **9.20** Rene decides to run for the Spanish border but is soon stopped.
10.00 **Bangers & Cash** Derek waxes lyrical about a pristine Jaguar XJ8, and a Ford Model T van tests his driving skills.
11.00 **Bangers & Cash** The first-ever episode. Vehicles up for sale at auction include a Mini Cooper and Chevrolet pick-up.
12.00 M'T **Abandoned Engineering**
1.00 AM **Greece with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team tackle a jigsaw.
8.00 **Johnny Vegas' Little Shop of Antiques** Johnny and Bev hit an auction and return with a full van. One pricey toy disappoints, while ceramics expert Johnny snaps up some pottery.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition Women bond over witchcraft.
10.00 NEW SERIES **Toxic**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Terri Ann McCoy.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A sniper targets abortion doctors then disappears into the shadowy underground.
8.00 **Donal MacIntyre's Killer Evidence** A body is discovered in a suitcase in a car park at Heathrow Airport.
9.00 **Shocking Crimes: Murder Book** A retiree mysteriously vanishes.
10.00 **It Takes a Killer** The murder of a man starts a chain reaction. **10.30** A series of unsolved murders.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** Two witnesses report seeing a truck drive over an unconscious man. **4.30** Forensic entomologists help police when a woman's body is found in a box. **5.00** An 18-year-old girl abducted from her home purposely left DNA at the crime scene. **5.30** How the owner of a severed leg is identified using forensic science. **6.00** The murderers who burned their victim's body to cover their crime. **6.30** The investigation into sexual assaults on four Indiana women.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **What the Killer Did Next** Joy Morgan.
10.00 **I Love You, Now Die: The Commonwealth vs Michelle Carter**
1.00 AM **Murder Uncut**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** In Georgia.
8.45 **Lincoln: Divided We Stand** Documentary.
9.40 **Everest: The South West Face**
11.00 **Shackleton: Greatest Story of Survival**
1.00 PM **Lost World of the Hanging Gardens**
2.15 **Everest: The South West Face**
3.25 **Lincoln: Divided We Stand** Documentary.
4.25 **Shackleton: Greatest Story of Survival**
6.20 **Lost World of the Hanging Gardens**
7.35 **Lincoln: Divided We Stand** Documentary.
8.30 **Shackleton: Greatest Story of Survival**
10.30 **Lincoln: Divided We Stand** Documentary.
11.30 **America the Bountiful**
12.00 M'T **Everest: The South West Face**
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors** Alexander Payne.
9.00 **McMillion$** Documentary.
10.00 **Hawking: Can You Hear Me?**
12.00 NOON **Wild Wild Space**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Pantani: The Accidental Death of a Cyclist**
4.00 **Discovering: Meryl Streep**
5.00 **The Directors** Alexander Payne.
6.00 **I Am Raquel Welch**
7.45 **My Icon: Denise Lewis**
8.00 **The Nazi Cartel** The connection between war criminal Klaus Barbie and drug trafficking.
9.00 **Liverpool Narcos** Triple bill of the documentary series.
12.00 M'T **McLaren** The life of Bruce McLaren, who founded the McLaren motor racing team.
1.50 AM **My Icon: Michael Holding**
2.00 NEW SERIES **Billy Joel: And So It Goes** 1/2. The singer-songwriter's life and career.
5.00 **to 6.00** AM **Discovering: Meryl Streep**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Monkey Life**
8.00 **David Attenborough's Dragons and Damsels**
9.00 **Attenborough at 90: Behind the Lens** Documentary.
10.00 **Patrick Aryee's Wild World**
2.00 PM **David Attenborough's Dragons and Damsels**
3.00 **Attenborough at 90: Behind the Lens** Documentary.
4.00 **Predators** Five editions.
9.00 **Gangs of Baboon Falls** The fortunes of troops of baboons in Zimbabwe and Zambia.
10.00 The Victoria gang struggle with lots of new mouths to feed.
11.00 The Zambia gang perfect their ambush techniques.
12.00 M'T The Victoria gang try to keep a new food source hidden from their enemies.
1.00 AM A look back at how the gangs have fared throughout this bizarre year.
2.00 **David Attenborough's Dragons and Damsels**
3.00 **Attenborough at 90: Behind the Lens** Documentary.
4.00 **to 6.00** AM **Monkey Life**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence** Documentary.
9.00 **Ancient Superstructures**
10.00 **Greatest Heists with Pierce Brosnan** Baker Street Bank.
11.00 **Ancient Aliens** Double bill.
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Lost Relic Hunters**
7.00 **What on Earth?** Documentary.
8.00 **Ancient Aliens** US and Russian cooperation on an extraterrestrial attack.
9.00 **Hitler's Handmaidens** The many lovers of Adolf Hitler.
10.00 **WWII Lost Films** How infantryman Rockie Blunt pushed towards the Rhine.
11.00 **Secret Wars Uncovered**
12.00 M'T **Ancient Aliens**
2.00 AM **Alien Files: Unsealed**
3.00 **History's Greatest Aircraft**
4.00 **Close Encounters Down Under**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Murder...**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown** Documentary.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder by Medic**
2.00 **Killer Britain** Sabrina Kouider.
3.00 **Murdertown** Documentary.
4.00 **Murder Detective**
5.00 **Robbie Coltrane's Critical Evidence** Nishan Bakunts.
6.00 **Cold Case Files: Murder in the Bayou** True-crime.
7.00 **The First 48**
8.00 **Murder by Medic**
9.00 **Fugitives Caught on Tape** New editions Double bill.
10.00 **Ozark Law** Documentary.
11.00 **Interrogation Raw**
12.00 M'T **Murder by Medic**
1.00 AM **Fugitives Caught on Tape**
2.00 **Court Cam** Double bill.
3.00 **Criminal Confessions**
4.00 **Killer Britain** Sabrina Kouider.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Alaska & The Wilds Beyond**
10.00 **Last of the Giants: Wild Fish**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Investigation Shark Attack**
3.00 **The Flooded Desert**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Keepers try to figure out why a Bactrian camel has been gaining weight.
8.00 **Africa's Hunters** A powerful pride of 20 lions finds itself with only one cub.
9.00 **Serengeti: Stampede of the Megaherd** The migration of wildebeest, zebras and gazelles.
10.00 **Alaska: The Next Generation** Johnny looks for small game.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Storms of War**
7.30 **Battle of the Somme: How Do They Do It?**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Phil and Jess search whitewater rapids.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Storms of War** Exploring the Battle of El Alamein in 1942.
8.30 **Battle of the Somme: How Do They Do It?**
9.00 **Secrets Underground** Al Capone's secret tunnels.
10.00 **How Do They Do It?**
11.00 **Savage Builds** Documentary.
12.00 M'T **The 1980s: The Deadliest Decade** A mass murder.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** Six editions of the documentary.
7.00 **Abandoned Engineering** A devastated cliff-top ruin, an extraordinarily tall tower, a concrete structure stranded at sea and a heavy metal monster in a field all feature.
8.00 Hidden tunnels that saw a city prosper, a concrete wartime dome and a mysterious Cold War building.
9.00 A group of rusting ships stranded in a desert and a defensive line on the snow-covered peaks of the Italian Alps.
10.00 An abandoned prison beneath the water, a tunnel in the heart of a mountain, concrete towers hidden in the woods and a coastal relic.
11.00 Concrete channels hidden in a mountaintop forest, a collapsing bridge and a marooned military base.
12.00 M'T **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 141 166

8.00 AM **Love, Honor, Betray**
9.00 **Disappeared** Double bill.
11.00 **Homicide City: Charlotte**
1.00 PM **The Night That Didn't End**
3.00 **Swamp Murders**
5.00 **I'd Kill for You** Double bill.
7.00 **Killer Unknown** The 1973 murder of Veda Woodson and the 1998 murder of 16-year-old Dena Ann Dean.
8.00 An effort to find Dena's friend Brandi promises to yield results, and discussions tell of a tense relationship right before Dena's murder.
9.00 **On the Case with Paula Zahn** A young girl is brutally killed whilst walking to school.
10.00 **Death by Fame** Police find a fashion designer dead at an exclusive members-only hotel.
11.00 **Quiet on Set: The Dark Side of Kids TV** Female writers face a sexist environment.
12.00 M'T **Quiet on Set: The Dark Side of Kids TV** Double bill.
2.00 AM **I'd Kill for You**
4.00 **to 6.00** AM **Killer Unknown**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers** Double bill.
9.00 **Texas Metal** A 1972 'Cuda.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A race truck.
4.00 **Custom Carolina**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Rockin' Roadsters** Jimmy Shine builds a hot-rod for ZZ Top frontman Billy Gibbons.
9.00 **Richard Hammond's Workshop** Richard helps his best friend fulfil a childhood dream.
10.00 **British Superbikes**
11.00 **Shed and Buried**
12.00 M'T **Rockin' Roadsters**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Sky Cinema Preview**
6.45 **Buffalo Kids** As 4.25am.
8.15 **The Sloth Lane** Animated adventure. (2024, PG, 90min)
9.50 **Sacramento** Comedy. (2024, 15, 89min) ★★★
11.35 PREMIERE **Long Gone Heroes** As shown at 8.00pm.
1.25 PM **Wicked** As 10.00pm.
4.10 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
6.10 **Rumours** Comedy horror. (2024, 15, 104min) ★★★

8.00 Long Gone Heroes

8.00 PREMIERE **Long Gone Heroes** Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mission spirals into chaos. With Andy Garcia and Melissa Leo. (2024, 15, 101min)

10.00 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical starring Cynthia Erivo, Ariana Grande and Michelle Yeoh. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Rumours** As 6.10pm.
2.35 **Strange Darling** Thriller starring Willa Fitzgerald, Kyle Gallner and Madisen Beaty. (2023, 18, 97min) ★★★★
4.25 **to 6.00** AM **Buffalo Kids** Animated adventure featuring ith the voices of Gemma Arterton and Sean Bean. (2024, U, 79min) ★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.40 AM **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
8.30 **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★
10.45 **Fast & Furious 6** Thriller sequel. (2013, 12) ★★★
1.00 PM **Fast & Furious 7** Thriller sequel. (2015, 12) ★★★★
3.20 **Fast & Furious 8** Adventure sequel. (2017, 12, 136min) ★★★
5.40 **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★

5.40 Fast & Furious Presents...

8.00 **Inception** Christopher Nolan's sci-fi thriller with Leonardo DiCaprio, Ken Watanabe and Ellen Page. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Blade** Action adventure starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff, Kris Kristofferson and N'Bushe Wright. (1998, 18, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **True Romance** Crime thriller starring Christian Slater. (1993, 18, 118min) ★★★★
2.35 **MaXXXine** Crime thriller. (2024, 18, 110min) ★★★
4.20 **to 6.10** AM **Cult Killer** Thriller. (2024, 15, 105min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **Funny Girl** As 10.00pm.
9.15 **Footloose** Teen musical. (1984, 12, 107min) ★★★
11.10 **Schindler's List** War drama. (1993, 15, 195min) ★★★★★
2.30 PM **I Used to Be Funny** Comedy. (2023, 15, 105min) ★★★
4.20 **The Shamrock Spitfire** Biographical drama starring Shane O'Regan and Chris Kaye. (2024, 12, 108min) ★★★
6.15 **Lost in Translation** Bittersweet romantic comedy starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **Dunkirk** Christopher Nolan's drama with Kenneth Branagh and Tom Hardy. Allied soldiers surrounded by the German army wait for evacuation. (2017, 12, 106min) ★★★★★
10.00 **Funny Girl** Musical biopic of Fanny Brice, starring Barbra Streisand and Omar Sharif. (1968, U, 169min) ★★★★
12.40 AM **El Dorado** Western. (1966, PG, 126min) ★★★★
2.55 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
5.10 **to 7.15** AM **The Three Musketeers: Milady** Adventure sequel. (2023, 12) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.45 AM **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
9.05 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
10.35 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
12.35 PM **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★
2.40 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
4.25 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
6.25 **Zombieland** Horror comedy starring Woody Harrelson, Jesse Eisenberg and Emma Stone. (2009, 15, 84min) ★★★★
8.00 **King Kong** Peter Jackson's remake of the monster movie starring Naomi Watts, Jack Black and Adrien Brody. (2005, 12, 187min) ★★★★
11.05 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
1.00 AM **The Core** Sci-fi action thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★
3.20 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
5.20 **to 7.35** AM **Star Trek Into Darkness** Adventure sequel. (2013, 12, 132min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.00 AM **Robin and the Hoods**
7.50 **Journey to the Center of the Earth** (2008, PG) ★★
9.25 **Journey 2: The Mysterious Island** Adventure sequel. (2012, PG, 94min) ★★★
11.05 **The Witches** Adventure. (1989, PG, 90min) ★★★★
12.40 PM **Bookworm** As 1.35am.
2.25 **Home** Animated adventure. (2014, U, 94min) ★★★
4.00 **The Boss Baby** As 11.45pm.
5.40 **IF** Fantasy. (2024, U) ★★★

7.25 Matilda

7.25 **Matilda** Roald Dahl's fantasy starring Danny DeVito, Rhea Perlman and Mara Wilson. (1996, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. An American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Boss Baby** Animation with the voice of Alec Baldwin. (2017, U, 97min) ★★★
1.35 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
3.35 **Robin and the Hoods** Comedy with Naomie Harris. (2024, PG, 101min) ★★
5.30 **to 6.55** AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animated family adventure. (2022, PG, 79min) ★★★

Sky Cinema Action

307 307 407 507 521

6.35 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
8.20 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
10.45 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
1.10 PM **Madame Web** Fantasy. (2024, 12, 116min) ★★★
3.15 **Hellboy** Comic-book horror. (2004, 12, 122min) ★★★★
5.35 **Man of Steel** Adventure. (2013, 12, 143min) ★★★

5.35 Man of Steel

8.00 **Godzilla** Thriller remake starring Aaron Taylor-Johnson, Bryan Cranston and Ken Watanabe. A giant monster may be the only hope of stopping a race of underground creatures on a deadly global rampage. (2014, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

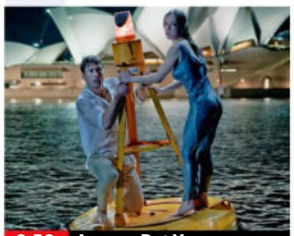
10.05 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Gods of Egypt** Fantasy with Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★
2.20 **Kick-Ass 2** Thriller sequel starring Aaron Taylor-Johnson. (2013, 15, 99min) ★★★
4.05 **The Cinema List: Swords and Sandals**
4.20 **to 6.30** AM **Gods of Egypt**

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Roxanne** (1987) ★★★★
7.50 **Borat Subsequent Moviefilm** Comedy sequel. (2020, 15) ★
9.35 **Anyone But You** As 9.50pm.
11.30 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
1.05 PM **Yesterday** Comedy. (2019, 12, 116min) ★★★
3.05 **Bowfinger** (1999, 12) ★★★★
4.45 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
6.30 **A Night at the Roxbury** Comedy. (1998, 15, 82min) ★


9.50 Anyone But You

8.00 **The Truman Show** Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Natascha McElhone and Ed Harris. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Anyone But You** Comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★
1.45 AM **Bowfinger** As 3.05pm.
3.25 **Wimbledon** Romantic sports comedy starring Paul Bettany. (2004, 12, 98min) ★★★
5.10 **to 6.50** AM **Blades of Glory** Slapstick sports comedy. (2007, 12, 93min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★
9.10 PREMIERE **Amongst the Wolves** Crime action thriller. (2024, 15, 102min) ★★★
11.00 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
1.15 PM **Rear Window** Thriller. (1954, PG, 112min) ★★★★★
3.15 **Clear and Present Danger** Thriller. (1994, 12) ★★★
5.45 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★

10.10 There Will Be Blood

8.00 **Sherlock Holmes** Guy Ritchie's adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down parliament and seize power. With Rachel McAdams. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **There Will Be Blood** Drama starring Daniel Day-Lewis. A prospector makes a fortune in the early-20th-century oil business, but turns into a haunted loner. (2007, 15, 158min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
2.40 **American Gigolo** Thriller. (1980, 18, 117min) ★★★
4.40 **to 6.35** AM **Psycho** Alfred Hitchcock's horror. (1960, b/w, 15, 109min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **A Christmas Carol** Drama. (1984, U, 100min) ★★
1.05 PM **Miracle on 34th Street** Festive fantasy remake. (1994, U, 114min) ★★★★
3.20 **Jingle All the Way** Comedy. (1996, PG, 89min) ★★★
5.05 **The Nevadan** Western with Randolph Scott and Dorothy Malone. (1949, U, 81min) ★
6.45 **Charlie's Angels** Comedy thriller. (2019, 12, 118min) ★★

9.00 Commando

Charlie's Angels (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Commando** Thriller with Arnold Schwarzenegger as a retired commando who returns to combat when his daughter is kidnapped by a renegade former comrade. With Rae Dawn Chong. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **The Running Man** Sci-fi adventure starring Arnold Schwarzenegger as an escaped convict forced to participate in a game show. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.50 **to 3.10** AM **Weathering With You** Japanese animation with the voices of Kotaro Daigo and Nana Mori. Subtitled. (2019, 12, 112min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.20 AM **Vendetta** As 2.00am.
9.00 **300** Historical adventure. (2006, 15, 116min) ★★★★
11.00 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
1.00 PM **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
3.30 **Fury** World War Two drama with Brad Pitt and Shia LaBeouf. (2014, 15, 134min) ★★★

5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
8.00 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but rival assassins board the plane. (2025, 15, 98min) ★★★
9.45 **The Equalizer** Thriller starring Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★

12.00 M'T **Lawless** Crime drama. (2012, 18, 111min) ★★★★
2.00 AM **Vendetta** Action thriller. (2022, 15, 96min) ★★
3.40 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
5.30 **to 7.40** AM **Jack Reacher** Thriller. (2012, 15, 130min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.05 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
8.55 **Ferris Bueller's Day Off** Teen comedy with Matthew Broderick. (1986, 12, 103min) ★★★★
10.55 **Heaven Can Wait** Fantasy comedy starring Warren Beatty. (1978, PG, 100min) ★★★★
12.50 PM **See No Evil, Hear No Evil** Comedy starring Gene Wilder. (1989, 15, 107min) ★★★

2.50 **Ace Ventura Pet Detective** Hit comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
4.30 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
6.10 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
9.50 **Beverly Hills Cop 3** Comedy sequel starring Eddie Murphy. (1994, 15, 104min) ★★

11.40 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
1.55 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
4.00 **to 6.00** AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **The Ogglies** Animation. (2021, PG, 85min) ★★★
7.40 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
9.05 **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★
10.45 **Lego Ninjago Movie** Animated adventure. (2017, U, 101min) ★★
12.30 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★

2.20 **Piece by Piece** (2024, PG) ★★★
4.00 **Shrek** Animated adventure. (2001, U, 90min) ★★★★★
5.40 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
7.20 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
8.45 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★★★
10.20 **Mavka: The Forest Song** Animation. (2023, PG) ★★
12.05 AM **Spirit: Stallion of the Cimarron** (2002, U) ★★★

1.35 **Under the Boardwalk** Animation. (2023, PG) ★★★
3.10 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.35 **to 6.00** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★

Movies 24

312 313 419

7.00 AM **A Safari Romance** Comedy. (2023, PG, 84min) ★★
9.00 **Haunted Wedding** Comedy fantasy. (2024, PG, 84min) ★★
11.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
1.00 PM **A Case for the Winemaker** Mystery. (2024, PG, 90min) ★★
3.00 **Sparks Over Brooklyn** Drama starring AnnaMaria Demara. (2023, PG, 89min) ★★

5.00 **3 Bed, 2 Bath, 1 Ghost** Supernatural romantic comedy with Julie Gonzalo and Chris McNally. (2023, PG, 84min) ★★
7.00 **Love in the Maldives** Romantic drama starring Jocelyn Hudon. (2023, PG, 84min) ★★
9.00 **Signed, Sealed, Delivered: To the Moon and Back** Mystery starring Eric Mabius. The postal workers embark on a road trip to find a singer-songwriter who is hiding out from a troubled past. (2025, PG, 90min) ★★

11.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
1.00 AM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **Napa Ever After** Drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Big Day** (1960, PG) ★★
7.15 **Mr Beamish Goes South**
7.55 **Look at Life** Documentary.
8.10 **Warn That Man** Spy thriller. (1943, b/w, PG, 80min) ★★
9.45 **City Under the Sea** Fantasy. (1965, U, 84min) ★★★
11.25 **Lighthouse** Romantic drama. (1947, b/w, PG, 62min) ★★
12.40 PM **Campbell's Kingdom** Adventure. (1957, U) ★★★

2.40 **Nowhere to Go** Suspense drama. (1958, PG, 87min) ★★
4.40 **Look at Life** Documentary.
4.50 **Notorious** Suspense thriller. (1946, b/w, U, 101min) ★★★★★
6.45 **The Happiest Days of Your Life** Comedy with Alastair Sim. (1950, b/w, U, 81min) ★★★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 8/13. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **The House of the Dead** Horror. (1978, PG, 79min) ★★

11.45 **Cellar Club with Caroline Munro**
11.50 **Dr Jekyll and Mr Hyde** Horror. (1980, 15, 115min) ★★
2.10 AM **The Secret of Seagull Island** Thriller. (1982, 15, 102min) ★★
4.15 **to 6.00** AM **The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers** The latest football transfer news.
10.00 **Test Cricket Bitesize** The first day of England v India in the fifth and final Test of the series.
10.15 LIVE **Test Cricket England v India.** Coverage of the second day's play of the fifth and final Test in the series staged at The Oval. England haven't beaten India at this venue since September 2018, when they claimed an emphatic 118-run victory to win a five-match series 4-1. Alistair Cook made 147 in his final ever Test innings to lead England to 423-8 declared before the hosts bowled India out for 345.
7.00 PM LIVE **EFL Luton Town v AFC Wimbledon.** Coverage of the League One match from Kenilworth Road. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Coverage from day six of the Canadian Open, an ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Premier League Years**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
5.00 **Premier League Summer Series** Everton v Bournemouth. **5.30** Action from Manchester United v West Ham United. **6.00** West Ham United v Everton. **6.30** Action from Manchester United v Bournemouth.
7.00 **The Transfer Show**
8.00 **Transfer 360** The story of Edwin van der Sar's move from Fulham to Manchester United in 2005.
8.30 **Gary Neville's Soccerbox**
9.00 **Champions Show: Liverpool** Liverpool's 2024/25 campaign.
10.00 **Premier League Icons**
10.30 **My Origin Story: Unai Emery**
10.45 **Sticker Book** Bruno Fernandes.
11.00 **Premier League Years**
1.00 AM **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Play-off finals.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 NOON **EFL** Play-off finals.
3.00 PM **EFL Trophy Football** Portsmouth v Salford City.
3.30 **EFL Cup Highlights**
4.00 **EFL Cup Retro** The 2020 final.
5.00 **Championship Season Review**
6.00 **EFL Highlights** Action from Leyton Orient v Stockport County. **6.30** Highlights from Notts County v AFC Wimbledon.
7.00 LIVE **EFL Luton Town v AFC Wimbledon.** Coverage of the League One match staged at Kenilworth Road, as the new season gets underway. The hosts suffered their second relegation in two years after finishing 22nd in the Championship after competing in the Premier League the previous year. Kick-off **8.00pm**.
10.30 **EFL Rivalries** East Midlands.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** This year's play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v India.** Coverage of the second day of the fifth and final Test in the series hels at The Oval. England haven't beaten India at this venue since September 2018, when they claimed an emphatic 118-run victory to win a five-match series 4-1.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India** The sixth NatWest ODI in the 2007 series.
8.00 **Test Cricket** England v India.
10.00 **Best of England v India**
10.30 **Best of ICC WT20**
10.45 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Hall or Nothing: Georgia's Story** Documentary.
7.00 **Women's Golf** Highlights.
8.00 **Ladies European Tour Golf**
9.00 **Women's Golf** Recent action.
10.00 **AIG Women's Open Official Film 2024** From St Andrews.
11.00 **Women's Golf**
12.00 NOON LIVE **Women's Golf** Coverage of day two of the AIG Women's Open Championship.
7.00 PM LIVE **PGA Tour Golf** Coverage of the second day of the Wyndham Championship.
11.00 **Women's Golf** Highlights.
12.00 M'T **European Seniors Golf**
1.00 AM **Women's Golf**
2.00 **Playing Lessons**
3.00 **PGA Tour Golf** Highlights.
4.00 **Women's Golf** Recent action.
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tennis** Recent finals.
8.00 **WTA & ATP Tennis**
4.00 PM LIVE **ATP Tennis** Coverage of day six of the Canadian Open from Sobeys Stadium in Toronto.
5.30 LIVE **WTA & ATP Tennis** The sixth day of the Canadian Open.
4.00 AM **Best of Jack Draper**
4.15 **Bitesize Tennis** Highlights.
5.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **UTMB World Series**
7.00 **Tour de France Men Highlights**
8.00 **Tour de France Women**
9.00 **AFL** Bulldogs v Giants.
10.30 LIVE **AFL Adelaide Crows v Hawthorn Hawks.** From Adelaide Oval. Bounce-up is at **10.40am**.
1.30 PM **TNT Sports Reload**
2.00 LIVE **Tour de France Women** Coverage of the seventh stage, a route of 159.7km from Bourg-en-Bresse to Chambéry.
5.30 LIVE **MLB Cincinnati Reds v Atlanta Braves.** Coverage of the match from Great American Ball Park. Start-time **5.40pm**.
8.45 **TNT Sports Reload**
9.00 **Premier League Stories**
9.30 **The Muddy Roots of Football**
1.00 AM LIVE **NWSL Racing Louisville FC v Kansas City Current.** Coverage from Lynn Family Stadium in Louisville, Kentucky. Kick-off is at **1.00am**.
3.15 **TNT Sports Reload**
3.30 **World Rally Championship**
4.00 **to 7.00** AM LIVE **AFL Melbourne Demons v West Coast Eagles.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **4.20am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Discovery Golf**
6.30 **Ally's Social Club**
7.00 LIVE **Shanghai Masters Snooker** Coverage of the first session from the first semi-final at Luwan Gymnasium, Shanghai.
10.00 **TNT Sports Reload**
10.30 **Fishing: On the Bank**
11.30 **Tour de France Women**
12.30 PM LIVE **Shanghai Masters Snooker** Coverage of the second session from the first semi-final at Luwan Gymnasium, Shanghai.
3.30 **MLB Highlights**
4.30 **TNT Sports Cricket Reload**
5.00 **International T20 Cricket**
6.00 **Premier League Review**
7.00 **UEFA Champions League**
10.00 **World Rally Championship** The first day of the Rally Finland.
10.30 **International T20 Cricket** West Indies v Pakistan in Lauderhill.
11.30 **UTMB World Series Highlights**
12.30 AM **MLB: Off the Bat**
1.00 **MLB Plays of the Week**
1.30 **MLB Classic** World Series.
2.00 **AFL** Crows v Hawks.
3.30 **Tour de France Women**
4.30 **Race Bikes** Mountain Bike racing.
5.00 **to 6.00** AM **International T20 Cricket Highlights**

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
1.30 PM **Lions Legends**
2.15 **British and Irish Lions Tour**
4.15 **British and Irish Lions Tour** The opening game of the 2005 tour between New Zealand and British & Irish Lions in Christchurch. **5.15** Action from the second Test from 2005 in Wellington. **7.00** Highlights from the third Test from 2005 in Auckland.
8.00 **British and Irish Lions Tour** Action from the first Test of the three-match series between Australia and British & Irish Lions at Suncorp Stadium in Brisbane. **9.00** Action from the second Test of the series between Australia and British & Irish Lions staged at Melbourne Cricket Ground.
10.00 **Rugby Heaven: On the Road**
11.00 **Lions 2005: Inside the Lions Den** The British & Irish Lions tour of New Zealand in 2005.
1.30 AM **Lions Legends**
2.00 **Lions 2005: Inside the Lions Den** The 2005 tour.
4.30 **Rugby Union Retro**
4.45 **Lions Legends** Mervyn Davies.
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Analysis.
5.00 **The Transfer Show**
5.30 LIVE **WTA & ATP Tennis** Coverage from day six of the Canadian Open, an ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
7.30 LIVE **Super League Leigh Leopards v Warrington Wolves.** Coverage of the match from the 20th round of fixtures at Leigh Sports Village. Kick-off **8.00pm**.
10.15 LIVE **WTA & ATP Tennis** Further coverage from day six of the Canadian Open, an ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
2.00 AM LIVE **MMA: One Championship** ONE Fight Night 34 at Lumpinee Boxing Stadium in Bangkok, Thailand, featuring the men's Lightweight Muay Thai title fight between Regian Eersel and George Jarvis.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Test Cricket** England v India.
8.00 **Women's Golf** Highlights.
9.00 **Test Cricket** England v India.
10.00 **Ladies European Tour Golf**
11.00 **Women's Golf** Recent action.
12.00 **British and Irish Lions Tour**
3.00 PM **Test Cricket** England v India.
4.00 **Women's Golf** Highlights.
5.00 **Ladies European Tour Golf**
6.00 **Formula 1** Hungarian Grand Prix.
7.00 **British and Irish Lions Tour**
10.00 **PL Greatest Games**
10.15 **British and Irish Lions Tour**
11.00 **Test Cricket** England v India.
12.00 M'T **PL Greatest Games**
1.00 AM **British and Irish Lions Tour**
1.45 **Lions Legends** Martin Johnson.
2.00 **Women's Golf** Highlights.
3.00 **British and Irish Lions Tour**
3.15 LIVE **NRLW Gold Coast Titans v Canterbury-Bankstown Bulldogs.** From McDonald Jones Stadium Kick-off is at **3.15am**.
5.00 **British and Irish Lions Tour**
5.15 **to 7.00** AM LIVE **NRLW Wests Tigers v Sydney Roosters.**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **World Rally Championship** Rally Finland.
8.00 **Superbike Rewind**
8.15 LIVE **World Rally Championship** Rally Finland.
9.15 **Race Bikes** Mountain Bike racing.
9.45 LIVE **World Rally Championship** Rally Finland.
10.30 **British Superbikes**
11.30 **Porsche Supercup**
12.30 PM LIVE **World Rally Championship** Rally Finland.
2.30 **Superbikes Rewind**
3.00 LIVE **World Rally Championship** Rally Finland.
4.00 **25 Years a Champion**
4.30 LIVE **World Rally Championship** Rally Finland.
6.45 **AFL** Crows v Hawks.
8.15 **Cycling** Highlights and features.
9.30 **Discovery Golf** The latest news.
10.00 **Shanghai Masters Snooker**
12.00 M'T **World Rally Championship**
12.30 **Porsche Supercup**
1.30 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Ultimate Pool** Pairs Cup.
7.30 **Spirit of Yachting**
8.00 **Discovery Golf** The latest news.
8.30 **UEFA Champions League**
11.30 **FIM Speedway Grand Prix**
12.30 PM **MLB: Off the Bat**
1.00 **MLB Highlights**
2.00 **MLB Plays of the Week**
2.30 **UTMB World Series Highlights**
3.30 **Ultimate Pool** Pairs Cup.
5.00 **UEFA Champions League**
6.30 **UTMB World Series Highlights**
7.30 **Porsche Supercup**
8.30 **British Superbikes Highlights**
9.30 **Ultimate Pool** Pairs Cup.
11.00 **FIM JuniorGP Championship**
12.30 AM **FIM JuniorGP Championship** From Spain.
3.30 **UEFA Champions League – Stories of the Finals**
3.45 **Fishing: On the Bank**
4.45 **Spirit of Yachting**
5.15 **World Rally Championship**
5.45 **to 6.00** AM LIVE **World Rally Championship** Rally Finland.

Premier Sports 1

419 551

6.00 AM **Highlights**
8.00 **LaLiga Specials**
9.00 **Transworld Sport** Magazine.
9.55 **World Surf League**
10.55 **NASCAR Highlights**
11.55 **LaLiga Specials**
12.55 PM LIVE **Pre-Season Football Werder Bremen v TSG 1899 Hoffenheim.**
3.00 **Football's Greatest**
4.00 **World of FreeSports**
4.30 **Indy Autonomous Challenge**
5.00 **LaLiga Specials**
5.55 LIVE **Pre-Season Football Fortuna Sittard v Bayer Leverkusen.** Kick-off **6.00pm**.
8.00 **Football's Greatest**
8.30 **Motorsport** Valentino Rossi.
9.00 **LaLiga Specials**
10.00 **Sporting Countdowns**
10.30 **British Minibikes** Round three.
11.30 **Motorsport** Highlights.
1.00 AM **World Surf League**
2.00 **NASCAR Highlights**
3.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

6.00 AM **LaLiga Specials**
7.00 **Temples of Sport**
7.30 **International Rugby Union**
9.30 **Bike World** Magazine.
10.00 **Pre-Season Football** Wolverhampton Wanderers v Lens.
12.00 NOON **Pre-Season Football** VfL Wolfsburg v Espanyol.
2.00 PM **GP Confidential** All the latest Formula One news.
2.30 **CONCACAF Gold Cup** Action from this year's final.
4.30 **Football's Greatest**
5.00 **LaLiga Specials**
6.00 **International Rugby Union** Action from Fiji v Scotland.
8.00 **Pre-Season Football** Action from Monaco v Torino.
10.00 **Football's Greatest** The finest players discuss their careers.
11.00 **NASCAR Trucks** Highlights from Indianapolis Speedway.
2.00 AM **FastZone** Motorsports.
2.30 **to 6.00** AM **NASCAR Xfinity Series**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **F1 Features**
6.45 **Formula 1** Belgian Grand Prix.
7.45 **F1 Features**
8.50 LIVE **Formula 3** The Hungarian Grand Prix practice session.
9.45 **F1 Features**
10.00 LIVE **Formula 2** The Hungarian Grand Prix practice session.
11.00 **F1 Features**
12.00 NOON LIVE **Formula 1** The Hungarian Grand Prix first practice.
2.00 PM LIVE **Formula 3** Hungarian Grand Prix qualifying session.
2.45 **F1 Features**
2.55 LIVE **Formula 2** The Hungarian Grand Prix qualifying session.
3.40 LIVE **Formula 1** The Hungarian Grand Prix second practice session.
5.15 **F1 Features**
6.30 **Formula 1** Hungarian Grand Prix.
9.00 **The F1 Show** Preview.
10.00 **Formula 1** Hungarian Grand Prix.
11.00 **The F1 Show** Race preview.
12.00 M'T **Formula 1** From Hungary.
1.00 **to 6.00** AM **The Home of F1**

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

tv+ Stillwater

NEW

Available from Friday, Apple TV+

Wise panda Stillwater returns for a fourth series of the popular mindfulness animated series, to teach three young siblings about the world and each other.

Brothers Karl and Michael, and sister Addy, are fortunate enough to live next door to the wise Stillwater, who teaches them the concept of mindfulness while offering them a deeper understanding of their feelings, and helping them to face day-to-day challenges. We feel calmer already.

PREMIERE

sky cinema The Sloth Lane

Sunday, 8am & 6.15pm, Sky Premiere

A family of sloths are forced to move to Sanctuary City when a storm destroys their home but soon find success selling delicious dishes from their food truck.

However, their business looks doomed when Dotti, a wily cheetah (voiced by Leslie Jones), tricks them into handing over their secret recipes. Will the sloths be able defy the odds and get the family recipe book back?

A fun and entertaining animated feature, with gags for all the family, and a strong message throughout.

More great shows to watch this week...

Byker Grove

Available now, STV Player

For the first time ever, the 90s drama that shot Ant and Dec to fame is available to stream. First launched in 1989, it focuses on a group of teens who spend their time at a Newcastle youth club called the Grove.

Disney StuGo

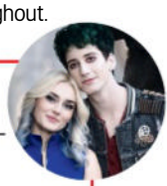
NEW

Available from Wednesday, Disney+

Fun animated series about six middle school students who are tricked into attending a fake academic camp by a crazed scientist, where they have to spend their summer break on a tropical island with mutant creatures.

Zombies 4

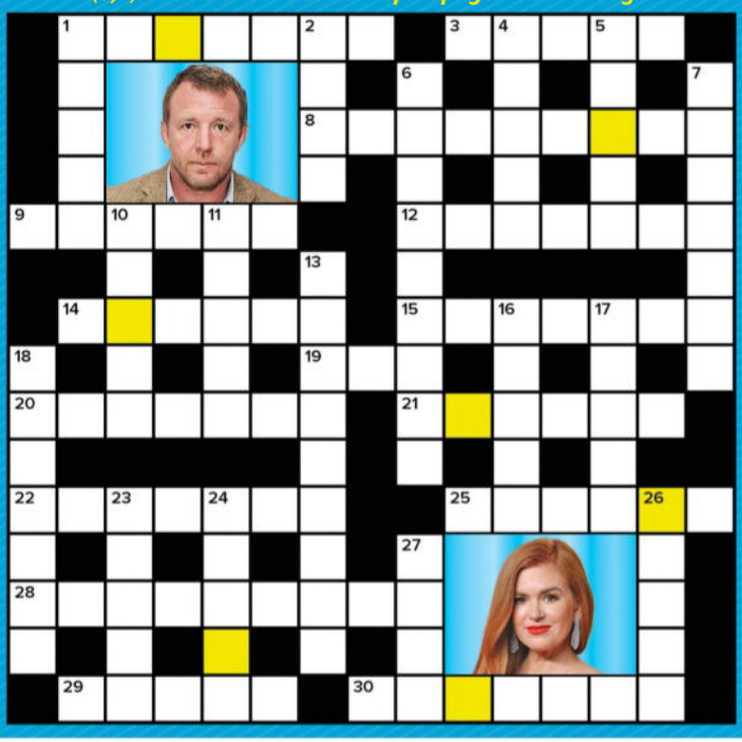
Available now, Disney+



If you've not yet added the fourth *Zombies* film to your playlist, it's a summer must-watch! Tune in as zombie Zed and human Addison bump into vampires and daywalkers during their vacation.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an American actor (3,4). Answers at the bottom of the page – no cheating!



ACROSS

1 Canadian singer of *Say It Right*, Nelly ------- (7)
3 *Falcon* -----, US soap that ran from 1981-1990 (5)
8 TV comedy panel show hosted by Sara Pascoe (9)
9 *Doctor Who* foe originally played by the late Roger Delgado, The ------ (6)
12 Late comedian and DJ, Kenny ------- (7)
14 ------ Gomez, US singer and star of *Only Murders in the Building* (6)
15 See picture clue: Guy -------, British film director of 2009 action comedy *Sherlock Holmes* (7)
19 Actor in *Hawaii Five-0*, --- McBride (3)
20 Star of TV series *Boon*, Michael ------- (7)
21 *Looney Tunes* bird (6)
22 Sia hit, ------- *Heart* (7)
25 Beatles song and 1968 film, ------ *Submarine* (6)
28 2014 Marvel superhero movie with Chris Pratt, --------- *of the Galaxy* (9)
29 Singer of 2004 hit *Insania*, Peter ----- (5)
30 Stars as *EastEnders*' Kat, Jessie ------- (7)

DOWN

1 *Antiques Roadshow* host, ----- Bruce (5)
2 Hit 1993 Quentin Tarantino movie, *Reservoir* ---- (4)
4 British comedian and actor, ----- Jones (5)
5 Stephanie Beacham's role in *Dynasty*, ----- Colby (5)
6 Comedy-drama film with Sir Kenneth Branagh (9)
7 Former *Doctor Who* actor, Jon ------- (7)
10 1946 film noir with Lauren Bacall, *The Big* ----- (5)
11 Singer of 2012 hit *Next to Me*, ----- Sandé (5)
13 Actor in *Smack the Pony*, Doon --------- (9)
16 Peter Sellers movie from 1980, *Being* ----- (5)
17 Classic 1977 Eagles song, ----- *California* (5)
18 2005 *Star Wars* prequel, ------- *of the Sith* (7)
23 Comedy movie from 2009 starring Matthew Perry and Zac Efron, *17* ----- (5)
24 Will -----, actor in *Game of Thrones* and *Humans* (5)
26 2019 biopic starring Steve Coogan, *Stan &* ----- (5)
27 See picture clue: Australian actor, ---- Fisher (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, APPLE TV+, SKY CINEMA, DISNEY+.

Recycle
We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

CROSSWORD SOLUTION

ANSWER: Rob Lowe **ACROSS:** 1 Furtado 3 Crest 8 Guessable 9 Master 12 Everett 14 Selena 15 Ritchie 19 Chi 20 Elphick 21 Tweety 22 Elastic 25 Yellow 28 Guardians 29 Andre 30 Wallace **DOWN:** 1 Fiona 2 Dogs 4 Rosie 5 Sable 6 Celebrity 7 Pertwee 10 Sleep 11 Emeli 13 Mackichan 16 There 17 Hotel 18 Revenge 23 Again 24 Tudor 26 Ollie 27 Isla

Coming soon

Irene (Millie Gibson) and Soames (Joshua Orpin)

The Forsytes

A starry cast brings the Victorian-set classic to life

FIRST LOOK

A lavish new version of John Galsworthy's acclaimed series of novels The Forsyte Saga is coming to 5 later this year.

Six-part period drama *The Forsytes* is adapted by Debbie Horsfield (*Poldark*) and sees Francesca Annis as Ann, the indomitable matriarch of the wealthy, upper-crust Forsyte clan, who are successful stockbrokers in the late 19th century.

However, there is tension between Ann's ambitious grandson Soames (Joshua Orpin) and his unconventional cousin Jolyon (Danny Griffin) concerning who will take over the family business as the modern world beckons, while both young men also face turmoil when they have to choose between romance and responsibility.

ROMANCE

Millie Gibson plays dancer Irene Heron, who catches Soames' eye, and Eleanor Tomlinson is Soho dressmaker Louisa Byrne, the first love of Jolyon, who is married to aspirational Frances (Tuppence Middleton).

The series, which has already been commissioned for a second run, co-stars Stephen Moyer as Ann's eldest son, Jolyon Snr, the father of Jolyon, alongside Jack Davenport as her younger son, James, who is Soames' father. Tom Durant-Pritchard, Josette Simon, Jamie Flatters and Owen Igiehon also appear, while Susan Hampshire, who starred in the BBC's adaptation in 1967, plays Lady Carteret.

'It has been a joy working with Debbie Horsfield and our magnificent cast,' says executive producer Damien Timmer. 'Let the saga commence!'

WHAT'S NEXT FOR...

Jodie Whittaker

The actor will play the England men's football team's psychologist Pippa Grange in BBC1 drama **Dear England**, which explores the squad's fortunes under manager Sir Gareth Southgate (Joseph Fiennes).

Dominic Chinea

In U&Yesterday's five-part series **Dom Chinea's Cornish Workshop**, cameras will follow the star of *The Repair Shop* as he and wife Maria move to Cornwall and help with special engineering projects.

Coming Back

Richard Rankin will return as Edinburgh cop John Rebus in a second outing of BBC1 drama **Rebus**, based on the books by Sir Ian Rankin, which will see the DS investigate links between drugs and the worlds of law and finance.

In a second series of ITV1 thriller **Code of Silence**, Rose Ayling-Ellis will reprise her role as spirited Alison, who, in the last run, helped the police as a lip-reader, but she now becomes involved with a tense new case.

Next week On sale Tuesday 29 July

Wednesday

The kooky student (Jenna Ortega) returns for another run of mystery and intrigue on Netflix.

The Count of Monte Cristo

U&Drama's fresh take on Alexandre Dumas' novel.

Griff's Great American South

Griff Rhys Jones explores the US' southern states on C4.

Parenthood

Sir David Attenborough on the challenges of raising young in BBC1's wildlife series.

WORDS: CAREN CLARK. PHOTOS: 5, ALAMY, BBC, GETTY, ITV, NETFLIX, U&DRAMA, C4

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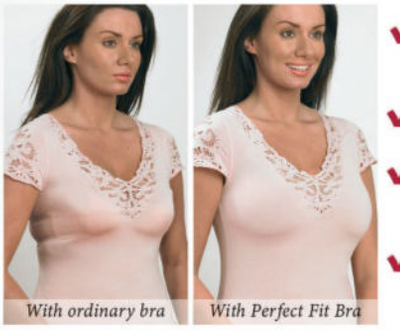
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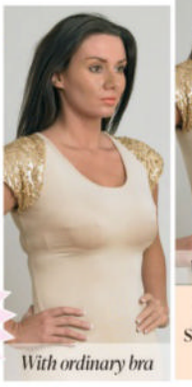
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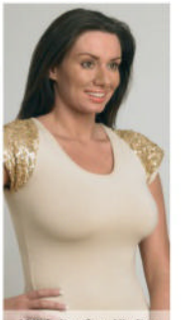
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